



Meridian Dairy Days Milk Run

Please fill out entire application, sign the waiver, detach and mail with payment to:
Meridian Chamber of Commerce P.O. Box 7 Meridian, Id 83680



First Name _____

Last Name _____

Milk Maid Milk Man

Address _____

City _____

State _____

Zip _____

Phone # _____

Birth Date _____

T-Shirt Size XL L M S YthL YthM

Age 5-11 \$12 Age 12 & Up \$15

WAIVER: Any participant who willfully makes and subscribes the race application shall be deemed to be medically able and properly trained. Said participant shall assume all risks associated with the Milk Run and shall waive all claims or liabilities of any kind, against any agency including the Meridian Chamber of Commerce (Government or otherwise), venue, race representative or sponsor arising from their participation in the race, despite carelessness or negligence on the part of the above mentioned. Said participant further agrees to release the rights to any race materials to the sponsors without further obligation. Participant also grants full permission to use their image in any media recordings and any other record of this event for any purpose whatsoever. I hereby affirm that I am 18 years of age or older and that I have read this document and understand its contents.

Print Name _____

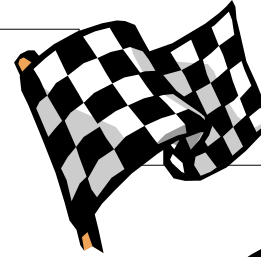
Signature _____

Date _____

For persons under the age of 18, a parent or legal guardian of said participant must print the minor's name and sign their own name above. Said signature represents: acknowledgment and execution of said waiver release for and on behalf of the minor named therein; authorization of medical treatment for any injuries sustained during the event; and assumption by the signer of the full risk for/and on behalf of the minor participant.

MERIDIAN CHAMBER OF COMMERCE

P.O. Box 7
Meridian, Id 83680
Phone: 208-888-2817
www.meridianchamber.org



2010 Milk Run

Presented by



Saint Alphonsus
Meridian Health Plaza

&



**Saturday, June 19
8:00am
Meridian Speedway**

MILK RUN FUN RUN



2010 Milk Run

To celebrate Meridian, Family and the Healthy and Delicious Benefits of Milk the Meridian Chamber of Commerce, Saint Alphonsus Meridian Health Plaza & Sterling Savings Bank brings you...The Milk Run!



The calves (little kids) get their very own race course at 8:00am Saturday, June 16. Kids age 5-11 will complete a 1/4 mile lap on the famous Meridian Speedway. Each runner will earn a commemorative cow bell just for racing! Post race refreshments will help recharge the kids! \$12 Entry Fee



Big Kids, 12 years of age through adult, will leave Meridian Speedway when the kids race is done and run their own 5K course and finish on the track. Overall awards will be given, as will age group prizes. \$15 Entry Fee



The emphasis on this race is FUN and getting the whole family out and doing something together. We hope to see you at the Milk Run and at the other great Meridian Dairy Days events.



SATURDAY, JUNE 19

Registration 7-8am
Number Pick Up 7-8am
Kids race at 8:00am
Adults race at 8:30am

MERIDIAN SPEEDWAY
Enter from the North Parking Lot
off of Storey Park.

Sponsored By:



Saint Alphonsus
Meridian Health Plaza

&

STERLING 
SAVINGS BANK

Goodies By:
United Dairymen of Idaho

Prizes By:
The Pulse Running & Fitness
Shop, LLC

Support By:
Meridian Police Dept.



Don't miss any of the
activities all week of
Meridian Dairy Days.

June 14-19

Dairy Dash Bicycle Race
Dairy Princess Event
Dairy Cow & Goat Show
Carnival
Chamber Pancake Feed
Meridian Symphony Concert
Festival & Marketplace
Milk Mocktail Contest
Parade
Cow Wow Art Show
Kids Corral Activities

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