

## ENTRY FORM

I am entering **5k** **10k** (Circle one)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_

Entry Fee is \$20.00/ \$22.00 for XXL, 3XL  
Children under 12 years old \$15.00  
\$10.00 each additional child in a family  
**(make checks to Adam Towler Memorial Run)**  
**Fee Includes a Shirt.**

**SHIRT SIZE:** Please circle one  
Adult **S M L XL XXL 3XL**  
Children **S M L**

### WAIVER

IN CONSIDERATION FOR, AND IN ACCEPTANCE OF THIS ENTRY, I, INTENDING TO LEGALLY BIND MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, DO HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES, INJURIES, OR LOSSES I MAY HAVE AGAINST ALL EVENT OFFICIALS, AND ALL ORGANIZATIONS CONDUCTING THIS EVENT, INCLUDING BUT NOT LIMITED TO THE ADAM TOWLER 5K/10K MEMORIAL RUN, THE ADAM R TOWLER FOUNDATION, INC. THE ALI SACCO FUND, THE AMERICAN HEART ASSOCIATION, THE TOWLER FAMILY, THE CITY OF LARAMIE, THE LARAMIE POLICE DEPARTMENT, EITHER INDIVIDUALLY OR COLLECTIVELY; VOLUNTEERS; RESCUE AND SUPPORT PERSONNEL, OR THE HEIRS SUCCESSORS AND ASSIGNS, RESULTING FROM PARTICIPATION IN THIS EVENT. IT IS MY DECLARATION THAT I CONSIDER MYSELF IN SUCH PHYSICAL CONDITION AND THAT I HAVE SUFFICIENT TRAINING TO ENABLE ME TO PARTICIPATE IN THIS EVENT.

\_\_\_\_\_  
SIGNATURE OF ENTRANT

\_\_\_\_\_  
SIGNATURE OF GUARDIAN IF UNDER 18 YEARS OLD

**CALL (307) 399-2255**

### ABOUT ADAM

He was to attend Georgetown University School of Foreign Service as a sophomore in fall of 2006. He was Wyoming State Geography Bee champion 2000 and 2001. He loved helping people. He worked for many charities. He was a published writer and a kind, spiritual and loving young man.. He enjoyed the history and culture of his Irish ancestry.

His death on Sunday July 16, 2006 devastated many people in the Laramie Community and around the World. He was 20 years old.

PLEASE MAIL ENTRY FORMS TO THE  
ADDRESS BELOW

Run Contacts:

**SARAH TOWLER**

PO Box 1686

Laramie, Wyoming 82073

Phone (307) 399-9470

Or

Shelley (307)399-2255

### **ENTRANTS MAY PICK UP THEIR SHIRTS THE DAY OF THE RACE**

The Proceeds will Benefit:

The Adam Towler Memorial Foundation

St Laurence O'Toole Elementary Laramie  
American Heart Association Women's: Red  
Dress Fund

Heart to Heart Pregnancy Center

# ADAM TOWLER MEMORIAL

Fourth Annual  
July 17, 2010

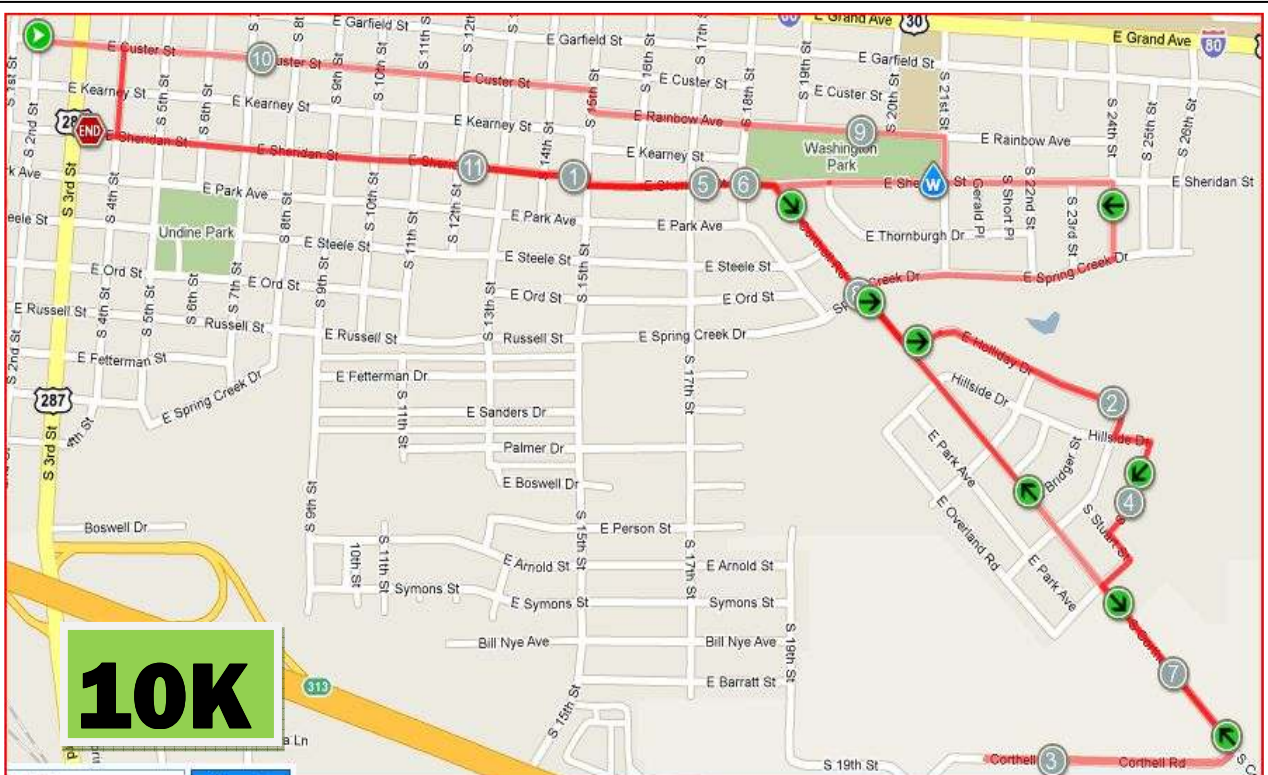


**5K/10K**



*The Official  
Wyoming State 10K  
Championships*

[www.AdamTowler.com](http://www.AdamTowler.com)



←The Race Route

The 5 kilometer **Walk/ Run** route is shown in RED.

The 10 kilometer route is the RED route plus the BLUE route.

**SAFETY ALERT:** PLEASE NOTE THIS RACE IS AT AN ALTITUDE OF 7200 Feet and can be very strenuous if not acclimated. WATER will be available along the route.

REGISTRATION BEGINS AT 7:00 AM AND THE LARAMIE TRAIN DEPOT AT FIRST AND GARFIELD.

THE RACE BEGINS AT 8:00 AM IN FRONT OF THE ALTITUDE RESTAURANT, AND ENDS AT

St. Laurence O'Toole School  
608 S. 4th Street , Laramie 82070

Where refreshments will be served and....Prizes will be awarded!

Restrictions:

**Walkers** are invited to enter the 5k portion only- due to time constraints

**Please-** No Pets

**A bib number**

**Raffle will follow the Race**

