

THE BACK ROAD RAMBLE

A slightly uphill .05K speed-walk-relay to trounce hunger

Saturday, November 6th

Register Your 4 Person Relay Team Today!

Athlete's Name	Phone #	Email	Shirt size

\$120 per team

Cash or Check due by October 10th

Each athlete will receive a custom BACK ROAD RAMBLE

- T-shirt
- Pint glass
- .05K Back Road Ramble magnet

Race Day Schedule:

10:00 am Team Check-in/Stretching/Warm-up
11:00 am Relay Heats Begin

All athletes must create their own Race Bib
Prizes will be awarded for the following categories:

Most creative bib, Best beer-themed bib,
Best farm-themed bib, Best costume,
Best speed-walking form, Worst speed-walking form

