

The Iron Mike 5K is designed to honor the legacy of Rhinelander native Mike Webster and his lifelong dedication to the game of football. The Hodag Gridiron Club organizes this event to provide the safest football experience possible, raising awareness of and reducing the impact of concussions on our players.

This 5K will take place on an all-terrain course that starts in Mike Webster stadium, encompasses Rhinelander High School, and finishes on the track back at the stadium.

This year, the 5K will be held on Saturday, May 20th at 10am. Registration will begin at 8am at Mike Webster Stadium. Please enter through the main gates and register at the registration tent.

PLACE
STAMP
HERE

Rhinelander High School
Attn: Football
665 Coolidge Ave.
Rhinelander, WI 54501

The "Iron Mike"

2nd Annual 5K Run/Walk



May 20th, 2017

Registration Begins: 8am
Race Begins: 10am

Mike Webster Field
Rhinelander High School



**Early Registration: March
10th-May 13th.**

\$35 Fee Includes:

An Iron Mike T-Shirt

Finisher's Medal

Registrations after May 13th,
and at the gate are allowed for
an increased fee of \$40. All re-
maining t-shirts and finisher's
medals will be handed out on a
first come, first served basis.

For more information please
visit our website

www.hodagfootball.com

or call

715-482-3495

Participation Waiver: (Please Read Carefully)

By signing below , I am showing that I know that running or walking in a road race is a potentially dangerous activity. I should not enter and run/ walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to contact with other participants, the effects of the weather, including high heat and/ or humidity, traffic, and the conditions of the road, all such risks being known and anticipated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I and anyone on my behalf: waive and release Rhinelander Gridiron Club, the 5K walk and run committee, the city of Rhinelander, and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose .

Signature:

Registration

METHODS OF REGISTERING

- 1) Mail-in form below
- 2)Online at:
www.hodagfootball.com
- 3) Last minute onsite day-of-
race (by 9:30am)

Last Name:

First Name:

Address:

City, State, Zip:

Email:

Phone:

**Shirt (adult sizing): S () M ()
L () XL () XXL () XXXL ()**

<—Please complete waiver