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Lincoln Community Center  
2450 Lincoln Street  
Highland, IN 46322  
219-838-0114  
[www.highlandparks.org](http://www.highlandparks.org)  
[Facebook.com/highlandparks](https://www.facebook.com/highlandparks)



Highland Parks & Recreation  
2450 Lincoln Street  
Highland, IN 46322

*4th of July  
Celebration*

*36th Annual  
All-American  
Mile Run*

WEDNESDAY, JULY 3<sup>RD</sup>, 6:30PM  
HIGHLAND, INDIANA



## THE COURSE

The race will begin at the intersection of 40<sup>th</sup> St. and Kennedy Ave. in Highland. It will continue north on Kennedy Avenue to Highway Avenue where it will turn east and finish at Main Square Park.



\*USATF CERTIFIED COURSE, IN13013TDK

Come out and enjoy this exciting mile run chip timed by T&H Timing.  
All ages are welcome.

The race will serve as Highland's Fourth of July Festival Twilight Parade kick-off event with the parade to immediately follow.

Questions? Contact Matt at [mjillson@highland.in.gov](mailto:mjillson@highland.in.gov)

## REGISTRATION INFORMATION

Registration on or before July 1<sup>st</sup> is \$10. Race day registration is \$20 and will begin at 5pm on the corner of 9145 Kennedy Ave. and 40<sup>th</sup> St.

You may mail entries to:  
Highland Parks & Recreation Department  
2450 Lincoln Street. Highland, IN 46322  
Make check/money order payable to Highland Parks & Recreation Department. Do not mail cash. Online registration available through June 26<sup>th</sup> at <https://register.highlandparks.org>

## AWARDS

T-shirts will be presented to all participants. Special prizes will also be awarded to the top 3 finishers in each age division (male & female), overall male/female, overall male/female Master (age 40+),

**Athena (170 lbs.+ F), Clydesdale (210 lbs.+ M)**

Males: Fastest sub 4-min mile = \$250 prize

Females: Fastest sub 5-min mile=\$250 prize

Race results will be available at:  
[highlandparks.org](http://highlandparks.org) and [thtiming.com](http://thtiming.com)

## AGE DIVISIONS

- |                     |                      |
|---------------------|----------------------|
| 1. Female 8 & Under | 19. Female 40 - 44   |
| 2. Male 8 & Under   | 20. Male 40 - 44     |
| 3. Female 9 - 10    | 21. Female 45 - 49   |
| 4. Male 9 - 10      | 22. Male 45 - 49     |
| 5. Female 11 - 12   | 23. Female 50 - 54   |
| 6. Male 11 - 12     | 24. Male 50 - 54     |
| 7. Female 13 - 14   | 25. Female 55 - 59   |
| 8. Male 13 - 14     | 26. Male 55 - 59     |
| 9. Female 15 - 18   | 27. Female 60 - 64   |
| 10. Male 15 - 18    | 28. Male 60 - 64     |
| 11. Female 19 - 24  | 29. Female 65 - 69   |
| 12. Male 19 - 24    | 30. Male 65 - 69     |
| 13. Female 25 - 29  | 31. Female 70 - 74   |
| 14. Male 25 - 29    | 32. Male 70 - 74     |
| 15. Female 30 - 34  | 33. Female 75 - 80   |
| 16. Male 30 - 34    | 34. Male 75 - 80     |
| 17. Female 35 - 39  | 35. Female 80 & Over |
| 18. Male 35 - 39    | 36. Male 80 & Over   |

## REGISTRATION FORM

_____ First Name		_____ Last Name	
_____ Street Address			
_____ City		_____ State	_____ Zip
_____ Phone #		_____ Gender (M/F)	
_____ Date of Birth		_____ Age	_____ Division #
_____ Athena/Clydesdale?		_____ Calumet Strider? (Y/N)	

Shirt Size (Please circle):

YS YM YL AS AM AL AXL AXXL Other: \_\_\_\_\_

### 2019 All-American Mile Run Waiver and Release

I know that participating in a road race is a potentially hazardous activity and that I should not participate in unless I am medically able and properly trained to do so. I hereby assume the risks inherent in this event, including but not limited to injury or property damage caused by falls, contact with other participants, or race officials, the effects of the weather, traffic and road course conditions. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and course of action I have or may have against the Town of Highland, Highland Parks & Recreation Department, race sponsors and Calumet Region Striders that may arise as a result of my participation in the Mile Run event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. I understand and agree to the waiver and release\*

_____ Signature		_____ Date	
*(If under 18, must have signature of parent or guardian)			
<b>Office Use Only:</b>		Receipt #: _____	