

**7:30 a.m. - 44th Annual 5K Freedom Run**

Sponsored by Lyons Recreation Center, Iron Works Fitness,  
Location: 5K starts along Alden Rd.  
Races end at NW corner of Sterling Lake.  
Entry Fee; Forms available online or call 257-5412

**7:45 a.m. —3-on-3 Basketball Tournament**

Location: Tennis Courts at Sterling Lake  
Entry Fee; Forms available online or contact Lucas Briar  
@ 620-204-1892

**7:45 a.m.— 4-on-4 Sand Volleyball Tournament**

Location: Sand Courts at Sterling Lake  
Entry Fee; Forms available online or contact Josiah Watney  
@ 620-278-6950

**8:00 a.m.— Train rides on the Sterling Chamber Express**

\$1.00 per passenger per ride  
Location : Sterling Lake

**8:00 a.m.— Horseshoe Pitching Contest**

Sponsored by Silver Threads  
Location : West of Tennis courts at Sterling Lake

**8:00 a.m.— Bocce Ball**

Sponsored by Silver Threads  
Location : West of Tennis courts at Sterling Lake

**8:00 a.m.—Noon — Hole in One Contest**

Hit a hole in one onto the Lake Island and win great prizes!  
Sponsored by Alden Fire Department  
Location: South side of Sterling Lake

**8:30 a.m.—Noon —Inflatables (Rides for All Ages)**

Donations to First United Methodist Youth Mission Trip  
Location: Sterling Lake

**8:30 a.m.— Noon — Silver Sandpile**

Kids dig for coins; 3 age groups  
Sponsored by Encounter Church of Sterling  
Location: Near bath house at Sterling Lake

**9:00 a.m.—Noon — Registration for the Baby Contest**

Location: Chamber of Commerce Booth

**9:00 a.m.— Noon. — Obstacle Course**

Age groupings 3-5, 6-9, and 10-13  
Sponsored by Cordell Chiropractic  
Location: SE Corner at Sterling Lake

**9:00 a.m.— Noon — Rubber Duck Races**

Sponsored by Sterling Children & Family Therapy  
Location: Sterling Lake

**10:00 a.m. — Ed Jones 2nd Annual Antique Tractor Pull**

Registration begins at 8:00 a.m.  
Sponsored by Great Plains Antique Tractor Club  
Location: Old Rodeo Grounds 229 S 9th St.

4th Activities sponsored by: **City of Sterling**

***Double Shot Liquor, Observant Media, Sterling Chamber of Commerce, Rice County Tourism***

Advanced Physical Therapy, Alden State Bank, Ark Veterinary Clinic, Bennett Insulation, Farm Bureau Crop Dept.– Sherry Jones & Ashley Maxwell, First Bank, Gambino’s Pizza, Home Lumber and Supply, Hood Construction, Jacam Catalyst, KMW Ltd., Kansas Ethanol, R & R Roofing, Scott & Steph Walton, Sterling Heritage Farm, Sonic Drive-In– Sterling, Sterling Medical Center, Tory Tipp State Farm, Walton’s Plumbing & Heating

*Birzer–Rons Funeral Homes, Central Prairie Coop, Dillon’s, Mutual Telephone Company, Sterling Children & Family Therapy, Sterling Bulletin, Sterling Services, Tee 9 Design, Todd Zimmerman Farms, Zimm’s Feedlot*

Bush, Bush and Shanelec, BZ Bee Inc, Frederick Harvesting, Kelso Contract Pumping, Mishler Accounting, Savage Pooch Parlor, Stutzman’s Disposal, Wellman Ranch

**10:30 a.m. 85th Annual Turtle Races**

Bring your own box turtle.  
Contest for best decorated. (Must not use any permanent paint or markers.)  
Sponsored by First Bank  
Location: Main Stage area @ Sterling Lake

**11:30 a.m. Swimming Pool Games**

Sponsored by Sauer Chiropractic Clinic  
Location: Sterling City Pool

**12 Noon — Pizza Eating Contest**

Sponsored by Cross Point Church & Gambino’s  
Location: NW Shelter house @ Sterling Lake

**2 p.m.— Parade (Theme: “Hats Off To America”)**

Sponsored by Arden H. McKee American Legion Post #128 Family  
Deadline for Judging 9:00 p.m. July 2 (Late entries accepted not judged)  
Entry forms available on chamber website or by emailing  
stks4prad@gmail.com subject 2023 4th Parade Entry  
Line up 11:30 a.m.—1:30 p.m.

Check in @ West Cleveland (approach from east Broadway)

**2:30 p.m. — 4:30 p.m. - Ice Cream Social**

Hosted by United Presbyterian Church  
Location; In front of Church, 307 N. Broadway/By Donation

**3:30 p.m.—Medallion Hunt**

Register & pick up guidelines at Cordell Chiropractic @ 3:30.  
Hunt begins at 4 p.m. teams of 2-4, no age limit. Prizes to first 3 places.  
Sponsored by SJSHS Cross Country  
Location: Cordell Chiropractic



**6:00 p.m.—8:00 p.m. - Train rides on the Sterling Chamber Express**

\$1.00 per passenger per ride  
Location : Sterling Lake

**6:00 p.m.—7:30 p.m. - Community Barbeque**

Location: NW Shelter house  
(in case of rain, go to Sterling High Commons)  
Free with button or \$7 for adults (6+), \$3 for children (3-6), under 3 free  
Carryout meals available.

**7:00 p.m. - Baby Contest @ Main Stage. Sterling Lake**

Three categories from walking to 3 Years (36 months)  
Children must be pre-registered  
(Registration in the morning at Chamber booth)  
Sponsored by Sterling Chamber of Commerce

**7:55 p.m.—\$100 Chamber Buck Drawing**

Location: Sterling Lake Main Stage  
Included with the purchase of a Chamber Button  
Must be present to win.

**8:00 p.m.— Sterling’s Got Talent**

Can you sing? Dance? Play an instrument?  
Read a poem? Come show us your talent!  
Location: Sterling Lake Main Stage



**AT DARK  
FIREWORKS**

**EXTRAVAGANAZA**

**#SterlingOldFashioned4thofJuly  
on all your photos and posts!**