

7:00 a.m. - 43rd Annual 15 K Freedom Run

Sponsored by Lyons Recreation Center, Iron Works Fitness, Hospital District, No. 1, & Sonic
Location: 15K starts at Lyons High School.
Races end at NW corner of Sterling Lake.
Entry Fee; Forms available online or call 257-5412

7:30 a.m. - 43rd Annual 5K Freedom Run

Sponsored by Lyons Recreation Center, Iron Works Fitness, Hospital District, No. 1, & Sonic
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 KC Bassett @ 278-6220

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

Location: Sand Courts at Sterling Lake
Entry Fee; Forms available online or contact Casey Lacey @ 913-731-6389

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.—10 a.m.—Free Horse and Wagon Rides

Sponsored by Bill Wolfe
Location: Northeast corner of Sterling Lake

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

Hit a hole in one onto the Lake Island and win great prizes!
Sponsored by Salt City Flight Club
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.— 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.— 10:00 a.m.— Bug Toss

Sponsored by Mainstreet Sterling
Location: Sterling Lake

9:00 a.m.— Sack Race

Sponsored by Mainstreet Sterling
Location: Sterling Lake

9:30 a.m.— Donut Eating Contest

Sponsored by Mainstreet Sterling
Location: Sterling Lake

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

Home Lumber and Supply, Imagine IT, Sterling Chamber of Commerce, Rice County Tourism

Alden State Bank, Bennett Insulation, Double Shot Liquor, Farm Bureau Crop Dept.– Sherry Jones & Ashley Maxwell, First Bank, Hood Construction, KMW Ltd., Roto-Mix, Sterling Heritage Farm, Sonic Drive-In– Sterling, Sterling Medical Center, Teresa Boeken Agency— Farm Bureau, Watch Dog

Ark Veterinary Clinic, Birzer –Rons Funeral Homes, Central Prairie Coop, Lyons Veterinary Clinic, Mutual Telephone Company, Sterling Services, Sterling Bulletin, Superior Sand & Gravel, T and B Electric, Tee 9 Design, Walton Plumbing and Heating, Zimm’s Feedlot

Bush, Bush and Shanlec, BZ Bee, Circle J Custom Embroider, Genzada Pharmaceuticals, Hyatt Life Science, Mishler Accounting, Stutzman’s Disposal

10:30 a.m. 84th 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 Shelterhouse @ Sterling Lake

2 p.m.—Parade (Theme: “Celebrating 150 Years of Sterling”)

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 2022 4th Parade Entry
Line up 11:30—1:30 p.m.
Check in @ West Cleveland (approach from east Broadway)

3:30 p.m.—Antique Tractor Pulls

Sponsored by Great Plains Antique Tractor Club
Location: Sterling Arena west of the CPC Elevators

3:30 p.m.—Medallion Hunt

Register & pick up guidelines at Chamber booth @ 3:30.
Hunt begins at 4 p.m. teams of 2-4, no age limit. Prizes to first 3 places.
Sponsored by Sterling Bowl
Location: Sterling Bowl



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 36 month
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.—Concert with Rice County Line

Our favorite band is back to help celebrate.
Location: Sterling Lake Main Stage



**AT DARK
FIREWORKS
EXTRAVAGANZA**

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