

2014 Sugar Lake 5K- Registration Form

(Please complete one per participant)

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email address: _____

Phone: _____

Age on Race Day: _____ Gender M F

How did you hear about the race? _____

Shirt Selection (circle size and shirt style):

ADULT S M L XL XXL

100% Cotton T-shirt- \$25

Polyester Athletic T-shirt- \$30

Race entered:

5K Walk _____

5K Run _____

Donation Only _____

In order to plan, we will need the following information. This does not commit you to attending- you may opt out or decide to come later.

Check if you plan to attend brunch at the Hitching Post _____

How many in your group? _____

This is a non-USATF registered event. Funds go to the Sugar Lake Association/Lake Improvement Fund. The SLA is a 501C-3, and all donations are tax deductible. Feel free to donate even if not participating.

In consideration of the acceptance of my entry, I hereby release the Sugar Lake 5k Run/Walk, the Sugar Lake Association, and Corinna Township from any and all liability arising from illness or injuries I may suffer as a result of my participation in this event, for which I am physically fit and trained.

Signature: _____

****Mail-in registration only (no email). Registration and fee need to be received by August 14, 2014 in order to receive a t-shirt. Registration will also be available on race day (no t-shirt).**

On **Saturday, August 30th**, the 5th Annual Sugar Lake 5K Run/Walk will take place. The start and finish lines will be at the Corinna Township on Ireland Ave. Please park in the lot at the township. The roads will be patrolled during the 5K. All ages are welcome.

Adults - \$25 for cotton or \$30 for athletic. Pre-registration and race day registration fees are the same. However, only pre-registered participants will receive a t-shirt.

Children (who are running or walking on their own) - \$10 if no shirt size is selected. \$25 for cotton or \$30 for athletic shirt (adult size only). No charge for children in strollers, carriers, etc.

Schedule of Events

8:00 – 8:50 am Registration/Check-In (Get numbers, t-shirts, etc.)

9:00 am 5K Run/Walk (Everyone will start at the same time/location)

10:00 am Awards Ceremony

10:15 am Brunch at The Hitching Post at Lake Center (Buffet and beverages not included in registration fee)

All pre-registered participants will receive a commemorative t-shirt. Snacks and beverages will be provided in the parking lot after the event.

The top 3 adult finishers and top child finisher (14 and under) for the 5k run will be given certificates and announced at the post-race awards ceremony and in the Sugar Lake Association newsletter.

Please make checks payable to Sugar Lake Association and mail other half of form to:

Kristin Turner

Sugar Lake 5k

15605 24th Ave N Unit A

Plymouth, MN 55447

Contact Kristin Turner at kristinturn@gmail.com with any questions or if you want to volunteer. This event will take place rain or shine!