

## Registration Form (please complete one form per person)

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Age on Race Day: \_\_\_\_\_ Gender M F

### Shirt Size (circle one):

ADULT S M L XL XXL

### Race entered:

5K Walk \_\_\_\_\_

5K Run \_\_\_\_\_

Donation Only \_\_\_\_\_

In consideration of the acceptance of my entry, I hereby release the Sugar Lake Run/Walk, the Sugar Lake Association and the City of Annandale 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 18, 2010, in order to get t-shirt. Registration will also be available on race day (no t-shirt).**

Adults - \$25 (Pre-registration and race day registration). Only pre-registered participants will get a t-shirt.

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

Feel free to make copies of this form for friends or family members.

## Sugar Lake 5K Run/Walk

On **Saturday, September 4, 2010**, the first annual Sugar Lake 5K run/walk will take place. The start and finish line will be just north of the Corinna Township on Ireland Ave. Please park in the lot at the township. The race will go north on Ireland Ave, along a part of the west side of the lake, and then back on Ireland Ave (traffic on route will be limited). All ages are welcome.

*This is a fun/non-USATF registered event, and the proceeds will go to the Sugar Lake Association. This is considered a tax deductible event. Feel free to donate even if not participating.*

### Schedule of Events

8:00 – 8:45 am Registration/Check-In (Get numbers, t-shirts, etc)

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

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

For the first year, there will not be an awards ceremony. The top finishers for the 5k run will be given certificates and announced in the September Sugar Lake Association newsletter.

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

**Please make checks payable to Sugar Lake Association and mail other half of form to: Sugar Lake 5K, PO Box 46156, Minneapolis, MN 55446.**

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