

2ND annual!

**Ski-less Skedaddle
10K Run
&
5K Fun Run/Walk**



When: Saturday, August 11th, 2007
Registration begins at 6am
Start Time: 8 am (10K)
8:20 am (5K Fun Run/Walk)

Where: St. Johns Lutheran Church, Northfield, MN
Finish at same location.

Course: City streets of Northfield

Entry Fee (includes t-shirt): \$20 for advance registration by July 21st (10K)
\$25 after July 21st (10K) (T-Shirt size not guaranteed)
\$15 for advance registration by July 21st (5K Fun Run/Walk)
\$20 after July 21st (5K Run/Walk) (T-Shirt size not guaranteed)

Facilities: Shelter in St. John's, parking, rest room facilities

Breakfast: Pancake breakfast provided post race, free of charge

Registration: Confirm your registration by completing the form below and mailing with payment to: Northfield Nordic Ski Team

Ski-less Skedaddle
215 Madison St. S.
Northfield, MN 55057

Contacts: Nick Swanson 507.319.5591
skilessskedaddle@northfieldnordic.com
www.northfieldnordic.com

(Please Print)

Name: _____ Parent's Name for minors: _____

Address: _____

City, State, Zip: _____

Phone#: _____ E-mail Address: _____

Race (circle one): 10K Run 5K Fun Run/Walk

Gender: Female Male

Age Group: Under 12 12-18 19-29 30-49 50+

Shirt Size (adult): Small Medium Large X-Large

Waiver: Knowing that running a race is a potentially hazardous activity, I enter this race certifying that I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/ or humidity and condition of the roads.

Knowing these facts, and in consideration of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge all sponsors and organizers of the Ski-less Skedaddle, its volunteers, City of Northfield, the Northfield Nordic Ski Team and officials.

Signature: _____ Date: _____

(Signature required by all participants. Participants under age 18 must also have parent or guardian signature.)