

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



1st Annual  
Ski-less Skedaddle  
August 5th, 2006

**When: Saturday, August 5th, 2006**  
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 22nd (10K)  
\$25 after July 22nd (10K) (T-Shirt not guaranteed)  
\$15 for advance registration by July 22nd (5K Fun Run/Walk)  
\$20 after July 22nd (5K Fun Run/Walk) (T-Shirt 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:** Becca Carlson 507.581.9453  
[skilessskedaddle@northfieldnordic.com](mailto:skilessskedaddle@northfieldnordic.com)

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(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 11       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.)