

CARLTON DAZE 5K RUN-WALK

ROBERT RODD MEMORIAL
"ROAD TO NO WHERE"
FRIDAY, JULY 29, 2011
CARLTON, MN

START TIME: 6:00 p.m. – walkers will line up behind the runners.
REGISTRATION: \$14.00 (postmarked by July 9th)
\$16.00 (postmarked by July 16th)
\$18.00 (postmarked after July 16th and same day registration).
Same day registration will be at the Four Seasons Complex, 3:00 – 5:45 p.m.
Preregistered participants will be sure to receive a T-shirt on race day.

RACE COURSE: 5K (3.1 miles). There will be 2 water stops. **Walkers are to walk – No Running.**
The course will be a measured 3.1 miles only.

RACE RESULTS AND AWARDS: Results will be posted as soon as possible in the Four Seasons Complex Building.
Awards for winners in both walking and running divisions. All participants receive a T-shirt.

Children – 12 and under	13 to 19	20 to 29	30 to 39	
	40 to 49	50 to 59	60 to 69	70+

RACE PACKETS: Participants may pick up their packets on Friday, July 29th, at the Four Seasons Youth and Community Complex from 3:00 – 5:45 p.m.

A portion of the proceeds from this event will be given to the Carlton Stars of Future Grant Program, Carlton Kids Plus and the Robert C. Rodd Memorial Scholarship Fund.

MAKE FEES PAYABLE TO **CARLTON DAZE RUN-WALK**, C/O Leola Rodd, PO Box 252, Carlton, MN 55718
CARLTON DAZE 5K RUN-WALK***** JULY 29, 2011 ***** CARLTON, MINNESOTA 55718

NAME _____ DIVISION: 5K RUN _____ WALK _____

MAILING ADDRESS _____ BIRTH DATE _____

CITY _____ STATE _____ ZIP _____ AGE _____ SEX _____

PHONE (____) _____ T-SHIRT SIZE: SM _____ MED _____ LG _____ EXLG _____ XXL _____

TOTAL AMOUNT OF REGISTRATION FEE ENCLOSED \$ _____ (add \$2.00 for XXL)

RELEASE: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my Heirs, Executors, and administrators so hereby release any and all sponsors of this race, and their representatives, successors, and assigns, from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photographs of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

SIGNATURE _____ GUARDIAN'S SIGNATURE _____

(If participant is 18 years old or under)