



LAKE RIPLEY RUN

July 11th, 2009

4 Mile Race – around beautiful Lake Ripley • 1 mile Kids Fun Run

- TIME: 7:30 a.m. (1 mile kids fun run begins at 7:00 a.m.)
- LOCATION: Lake Ripley on the south side of Litchfield. Start and finish are at Lake Ripley Memorial Park, just off Hwy22 south.
- NON-REFUNDABLE ENTRY FEE:
1 mile kids fun run (kids 12 years and under) - \$10.00. Entries postmarked after June 30 will be \$15.00. 4 mile race - \$15.00. Entries postmarked after June 30 will be \$20.00. **Only pre-registered participants will be guaranteed a t-shirt.**
- AWARDS: Award ceremony will follow the race. Top three finishers in each age division receive medals. (5 year age divisions for each race: male or female: 12 and under, 13-18, 19-24, 25-29, etc.) Each participant in the 1 mile fun run will receive a finisher's ribbon.
- RESULTS: All races will be professionally timed through the Glacial Lakes Championship Running Series.
- REGISTRATION: Option 1: Register in person at the Litchfield Community Education office, located at the Family Services Building in Litchfield, through June 30th.
Option 2: Register by mail by sending the registration form and entry fee to: Litchfield Watercade Lake Ripley Run • P.O. Box 799, Litchfield, MN 55355.
Race numbers and t-shirts will be held at the Registration tables for pickup on the day of the race.
Option 3: Register on race day at Lake Ripley Memorial Park south of Litchfield on Hwy. 22 from 6:30 - 7:15 a.m. **No T-shirt guaranteed.**
- QUESTIONS? Contact Karla Lundin at 320-593-5478 or Beth Kannas at 320-693-1022

Read waiver, sign and mail with entry fee by June 30th, 2008 to: Litchfield Watercade Lake Ripley Run • P.O. Box 799, Litchfield, MN 55355. Make your check payable to Litchfield Watercade.

Check which race you will be in: 4 MILE 1 MILE FUN RUN (12 AND UNDER)

T-shirt size: Adult Small Med Large XLarge – **Only pre-registered participants receive a run t-shirt.**
Youth Small Med Large XLarge

Name _____ Age _____ M or F (circle one)

Address _____

City _____ ST _____ Zip _____

Phone _____ Emergency Phone _____

CONDITIONS TO PARTICIPATE:

- A. ASSUMPTION OF HEALTH AND SAFETY RISKS. I hereby assume full responsibility for my own training and physical fitness throughout this event, and I assume the risk of any injury, loss or damage to my person and/or property caused by any negligence attributable to any person or entity other than myself.
- B. CONSENT TO RECEIVE MEDICAL TREATMENT. I hereby consent to receive emergency first aid medical treatment in the event of an injury, accident and/or illness during this event and its related activities.
- C. RELEASE, DISCHARGE AND WAIVER. I hereby release and discharge Litchfield Watercade, City of Litchfield and all other sponsors, organizers, municipalities and volunteers associated with this event (including all agents, employees and representatives of such entities and persons) from any and all claims if negligence (known and unknown) based on any personal and/or property injury, death, damage or loss I may suffer while participating in this event. I further waive any right I may have to bring legal action or otherwise assert a claim against said parties on the basis of any of these claims released and discharged by me.
- D. AGREEMENT TO INDEMNIFY AND HOLD HARMLESS. I hereby agree to indemnify and hold each sponsor, organizer, municipality and volunteer harmless as to any and all liability, damages, costs, disbursements and reasonable fees which may be incurred by said person or entity in defending against any and all claims and rights I have released, discharged and waived above.

I HAVE READ THE ABOVE AND CERTIFY MY AGREEMENT BY MY SIGNATURE:

PARENT SIGNATURE (IF UNDER 18)