



the liz logelin foundation 5K • 2010

Saturday, September 18, 2010

Race day registration & Packet pick-up: 4 p.m.

5k Run/Walk: 6 p.m.

Minnehaha Park, Minneapolis, MN

Pre-registration: postmarked no later than September 10, 2010

ENTRY FEES:

\$25 for pre-registered runners/walkers (entries **must** be postmarked no later than 9/10/10 or received online no later than 9/12/10)

\$30 for race day registrations

Race t-shirts and race packets are guaranteed for the first 300 pre-registered participants.

AWARDS & AGE GROUPS:

An award ceremony will be held following the 5k. Overall male and female winners, Masters (40+), Grand Masters (50+) and top 3 in each age group will be presented in the 5k.

Age Groups: 0-14, 15-24, 25-34, 35-44, 45-54, 55-64, 65+

The top individual fundraiser using our pledge form also wins a prize!

IT'S A FAMILY-FRIENDLY RACE!

Please bring your families to enjoy fun activities before, during, and after the race, and please plan to join us for an ice cream social immediately following the awards ceremony!

*All proceeds from
**Walk Run Hope 2010 benefit
The Liz Logelin Foundation,**
which was established in 2009 to
assist families who have lost a
spouse, life partner, and parent.
The Foundation's goal is to
financially assist these families
as they deal with the loss of
their loved one.*

Need more info? Email

danielle@thelizlogelinfoundation.org

or visit

www.thelizlogelinfoundation.org

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

T-Shirt Size ___ S ___ M ___ L ___ XL ___ XXL (\$2 extra)

Gender: ___ Male ___ Female Date of birth _____ Age on race day _____

To register, please complete this form and mail it with a check made out to The Liz Logelin Foundation to Danielle Ireland, c/o The Liz Logelin Foundation, P.O. Box 26366, St. Louis Park, MN 55426.

Online registration available at

www.signmeup.com/70470.

I, the undersigned, in consideration of acceptance of the entry and registration as participant in The Liz Logelin Foundation 5K, waive any and all claims which I and my heirs or assigns may now or hereafter have against The Liz Logelin Foundation, its members, the Minneapolis Park and Recreation Board, and all officials, volunteers and sponsors of The Liz Logelin 5K, which may indirectly or directly result from my participation in The Liz Logelin 5K. I further warrant and represent that I am in proper physical condition to participate in The Liz Logelin 5K and am not participating in this event against physician's advice nor am I taking medications which would impair my health or ability to participate in The Liz Logelin 5K. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (Parent or guardian must sign if participant is under 18)

Date