

Goodhue Pioneer Trail 5K Fun Run / 10 K Trail Run

8 am, Saturday, June 16, 2007

Zumbrota Covered Bridge, Zumbrota, MN

Entry Fee

Pre-Registration: \$15.00 Adults, / \$10.00 12 and under

Late / Race Registration: (After June 11) \$20.00 Adults / \$15.00 12 and under

Registration can be mailed to address on entry form or dropped off at the Zumbrota City Hall.

Contact information via e-mail:Rbartsh@aol.com

Check In :

7:00—7:45 / Covered Bridge Park, near the Zumbrota City Hall

Course:

This year we are excited to add a 10K Trail Run to our event . Both events start and end at the Zumbrota Covered Bridge. The 10K route is a beautiful course which includes paved and dirt trail.

Race Highlights:

- Medals, age division awards for 10K runners / Awards ceremony immediately following race.
- T-shirts for all participants
- Door prizes
- Post Race Food / Refreshments

Run / Walk Proceeds:

This event helps to raise funds and awareness for the Goodhue Pioneer Trail and Goodhue County Habitat for Humanity.

The Goodhue Pioneer Trail is a multi purpose trail which will someday connect the communities of Pine Island, Zumbrota, Goodhue, Mazeppa and Red Wing.

Habitat for Humanity is a grassroots organization that provides simple, affordable housing for

low-income households. We are encouraging people who register to seek pledges for this worthy organization.

Entry Form

Name: _____

Address: _____

e-mail address

Age on 6/16/07 _____ Male _____ Female _____

Event:

_____10K Trail Run _____5K Fun Run/Walk

T-SHIRT: Please circle preference

Adult: XXL, XL, L, M, S

Enclosed is my check for _____ payable to the Goodhue Pioneer Trail Association
% Roxanne Bartsh
19189 Co 10 Blvd
Zumbrota, MN 55992

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, the City of Rochester, the County of Olmsted, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of participant, or parent / guardian for those under 18

date