

The Minnesota State
Daughters of the American Revolution

Flag Day 5K Run/Walk

for the Fisher House
Saturday, June 10, 2017



Northwest Metro VA Clinic
7545 Veterans Drive Ramsey, MN 55303

8 a.m. - Start
(check-in starts at 7:00 a.m.)

\$30 Pre-registration/\$35 Race Day

Register on-line at www.midwestevents.com or www.active.com

(or mail in the form below)

Name: _____

Address: _____

City, State, Zip: _____ Age: _____

Phone: _____ Email: _____

T-shirt Size: (circle one) **S** **M** **L** **XL** **XXL** (\$3 addl. for XXL) Gender: (circle) **M** **F**



5K RUN RELEASE FORM

In consideration of the acceptance of my entry, I hereby represent that I have read this application fully, have adequately trained to participate in this athletic event, understand the risks involved in strenuous physical exercise and therefore I assume the risks associated with participating in this event. I hereby for myself, heirs, executors and administrators waive and release all claims that I or they may have against the organizers of the event, the Minnesota State DAR, MN Veterans Administration and the Fisher House, and all sponsors of this event. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes.

I shall abide by all decisions of the race officials as final.

Runner's Signature: _____

Parent/Guardian (if under 18): _____

Mail-in Registration
Postmarked by
Saturday, June 3rd
Mail registration form with
entry fee to:

Flag Day 5K – Clausen's
27235 Dakota Ave.
Elko, MN 55020

Make Check Payable To:
MN State Flag Day 5K

Contact:
darflagday5k@yahoo.com