



The Minnesota State  
Daughters of the American Revolution

# Flag Day 5K Run/Walk

for the Fisher House

**Saturday June 16, 2018**

**Northwest Metro VA Clinic  
7545 Veterans Drive Ramsey, MN**

**Civilians \$30 Military \$20** \*Price is for mail-in by May 31<sup>st</sup>



Late registration available online - Same Day Registration available for \$40  
All registrations include a shirt - Shirts are guaranteed through May 31<sup>st</sup>



*All Proceeds go to the  
benefit of the Fisher House  
and the families of our  
great veterans!*



Make sure to stick around after  
the race for the GREAT prize  
drawing! All registered will be  
entered. Must be present to win!



Register online at: <http://flagday5k.itsyourrace.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** Gender: (circle one) **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 **May 31st**  
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](mailto:darflagday5k@yahoo.com)