

The Lakes

8K RUN & 4K WALK FOR THE HOUSE AND FREE KIDS RUN FOR PARTICIPANTS!

Certified 8K Course

Prize Drawings

Age Group Awards

Post-Race Treats

Sunday July 4th, 2010 – both at 8:30am – New Beach Location!!

Run a certified 8K or Walk 4K – around beautiful Lakes Parkway

• From Radisson Road in Blaine, turn East on Lakes Pkwy – 3020 Lakes Pkwy NE

• Driving directions and results posted at Blaineparks.com,

• All proceeds go to the **Alexandra House** – ending domestic violence for women, families and communities – please visit www.alexandrahouse.org

• Sponsored by **The Lakes - Main Street 1000, LLC, the City of Blaine Park and Rec. and the Blaine's Blazin' 4th Committee.**

Four Ways to Register or Volunteer

1. Mail this form by June 30th (see address below)
2. Walk up registration at the City of Blaine Park and Rec Dept from June 22rd to July 3rd and get your shirt and race bib (no lines at event!) - discount price until June 30th only
3. Register On-Line at www.ZAPEvent.com
4. Volunteer to help on race day and receive a free shirt! call Dan at 763-221-2459

• **Entry Fee:** • Pre-registered by **June 30th** = \$20.00 • **Race Day or after June 30th** = \$25.00

• Mail Registration postmarked by June 28th – check payable to Blaine's Blazin' 4th Run/Walk
to: Blaine's Blazin' 4th Race/Walk, 10801 Town Square Drive Blaine, MN 55449-8101

Name:
Last First MI

Age: Birth date: -- Gender: Male Female
(Age on July 4, 2010)

Address:

City:

State: Zip: Phone: -

email:

Event: 8K (certified) 4K Walk (untimed) **Shirt Size:** small med. large x-large

WAIVER

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to; falls, contact with other participants or spectators, the effects of the weather-including heat or high humidity-traffic or the conditions of the road surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release the City of Blaine, the Blaine's Blazin' 4th Committee and all sponsors of the event, and volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

I have read and agree to the above.

(If you are under age 18, a parent or guardian must sign for you here)

Signature: _____

Strollers and pets are welcome. Kids race starts around 10am. 4k walk free for kids too.