8K RUN & 4K WALK FOR THE HOUSE

AND FREE KIDS RUN FOR PARTICIPANTS!

Certified 8K Course *Age Group Awards* *Post-Race Treats*

Monday July 4th, 2011 – both at 8:30am – 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 www.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' Festival Committee.**

How to Register or Volunteer

1. Mail registration form (Must be received by June 30) (see address below)
2. Walk up registration at the City of Blaine Park and Rec Dept from June 20th to June 30th and receive your shirt and race bib (no lines at event!) - discounted 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 Register on Race Day = $25.00**
- Check payable to Blaine's Blazin' Festival Run/Walk

to: Blaine's Blazin' Festival Race/Walk, 10801 Town Square Drive Blaine, MN 55449-8101

Name: _____ _____ _____
Last First MI

Age: ____ **(Age on July 4, 2011)** Birth date: ____ – ____ – ____ Gender: ☐ Male ☐ Female

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' Festival 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.

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

Strollers and pets are welcome. Kids race starts at approximately 10:00 a.m. 4k walk free for kids.