

Tiger Trail 5K

Cross Country Run/Walk

Theodore Wirth Trails
10am, Saturday, November 3, 2012



Race Info

Join the Minneapolis South High Tigers Nordic Team for this fun first annual fundraiser run or walk! Only \$15. If you miss the pre-register due date, sign up starting at 9am race morning for \$25. Great door prizes! Free Parking available at Anwatin. All proceeds will benefit the South High School Nordic Ski Team!

Course

Start and finish at Anwatin Middle School, course is a beautiful 5km loop on the Theodore Wirth trails. Anwatin Middle School: 256 Upton Avenue South Minneapolis, MN 55405

Contact: Bill Baldus: 612-724-6671 or wbaldus@gmail.com

REGISTRATION ON BACK SIDE

TIGER TRAIL 5K
RUN/WALK
NOVEMBER 3, 2012

Name: _____ Age: _____

Address: _____ City: _____

State: _____ Zip: _____

Email: _____

Sex: Male Female
(Circle one)

Early Registration fee (postmarked by midnight Oct 27): \$15.00
Day of race: \$25.00

Register and pay online at: <http://www.signmeup.com/calendar> -- search keyword "tiger"

OR

Complete and mail this form -- checks payable to **Minneapolis South High School:**

Bill Baldus
3229 45th Ave S
Minneapolis, MN 55406

RELEASE

In consideration for the opportunity to participate in the 5K Run/Walk activities being held by the South High School Nordic Ski Team on Nov. 3, 2012, I on behalf of myself and respective heirs, successors and assigns hereby release, discharge and quitclaim unto the South High School Nordic Ski Team and its Officers, Directors, and Agents and any and all other affiliated parties any claim for injury, loss or damage of any kind to any person or property or that of any of my respective heirs, successors, assigns, and any minor children for which I am parent, custodial parent or legal guardian who may participate in this event any and all expenses and costs however caused arising out of or in connection with the participation of the undersigned or the minor child of the undersigned or the minor child of the undersigned in this event.

The undersigned further acknowledges that he or she has carefully read the above Release and knows and understands all of the contents thereof and further understands and agrees that by signing this release he or she gives up rights and assumes the risk of injury or property damage and signs this Release as their free and voluntary act.

Signature: _____ Date: _____

Print Name: _____