

## Half Fast Half Registration Form

**5K, 6.55, 1/2 Marathon | February 12, 2022 | 9:00am | Vadnais Heights, MN**

**Drop off in person or by mail to:**  
 Midwest Multisport Races  
 2370 County Rd J, Suite 103, White Bear Lake  
 MN 55110

**Race Start/Finish:**  
 Vadnais Heights Elementary School  
 3645 Centerville Road  
 Vadnais Heights MN 55113

**Course maps, rules, & complete details:**  
[www.mmrares.com/651-440-9625](http://www.mmrares.com/651-440-9625)

	Before 1/30	1/31-2/11	Race Day
<b>5K</b>	\$47	\$60	\$70
<b>5K-No Shirt</b>	\$35	\$40	\$50
<b>6.55</b>	\$55	\$68	\$75
<b>6.55-No Shirt</b>	\$45	\$50	\$60
<b>1/2 Marathon</b>	\$65	\$78	\$90
<b>1/2-No Shirt</b>	\$55	\$60	\$70

Knowingly, and at my own risk, I hereby apply and/or as a parental guardian on behalf of a child to enter this event, and do hereby waive my right to sue and release liability of MMR and other parties and release any and all claims for damages, including negligence claims that I may incur as a result of my participation in the event against Midwest Multisport Races, LLC (MMR) all municipalities, all sponsors, or any employee, volunteer, official or elected official of these said organizations.

I understand that the entry fees for the event are non-refundable for any reason(s) and race numbers are not transferrable. I further certify that I have full knowledge of the risks involved in the event which may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected carry inherent dangers and risks including without limitation personal injury, property damage or death. I certify that I am physically fit, and sufficiently trained to participate. If however, as a result of my participation in the event, I require medical attention, I hereby give my consent to authorized medical personnel of the event to provide such medical care as deemed necessary by such personnel. I further understand that due to the time of the year this event is held, there is the possibility of inclement weather. I do assume all weather related risks with my participation in this event. I also hereby grant full permission to MMR and/or agents authorized by to use any photographs, videotapes, motion pictures, recordings, or any other record of this event any legitimate purpose, at any time, without compensation. Having read and understood the foregoing, and after careful consideration, I hereby voluntarily assume all risks inherent with my participation in the event and as stated herein and certify my agreement by my signature below.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Gender: M | F

Adult Shirt Size:

FEMALE XS S M L XL

MALE S M L X 2XL(+\$15) 3XL(+\$15)

Distance:

5K    11K    1/2 marathon

NO SHIRT:

**Covid Cancellation Policy:**

**Due to the unprecedented circumstances surrounding the ongoing pandemic, by registering for this race you understand and agree that if this race is canceled for reasons related to the pandemic, you will not receive a refund and will not be transferred to another race. Shirts and medals will be mailed to you.**

www.mmrares.com  
 www.facebook.com/mmrares  
 www.instagram.com/mmrares

Signature: \_\_\_\_\_

(signature of participant or parent if under 18)

Date: \_\_\_\_\_