

Manitou 5k Registration Form

Fun Run & 5k | June | 10:30am | White Bear Lake, 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 Location:

Admiral D's
4424 Lake Ave. S., White Bear Lake, MN 55110

Course maps, rules & complete details:

www.mmracess.com

or

651-440-9625

Race Waiver – All Sales Final-No Refunds

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 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 will likely not be refundable for any reason(s) and race numbers may not be 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 as stated herein and release MMR and any parties involved in the event and certify my agreement by my signature below.

Signature: _____
(Signature of participant or parent if under 18)

	Before 6/1	6/1-6/19	Race Day
Fun Run No Shirt	\$15	\$20	\$25
5k	\$60	\$80	\$100
5k No Shirt	\$40	\$50	\$60
Parents Fun Run*	\$10	\$10	\$10

First Name: _____

Last Name: _____

Address: _____

City/State: _____

Zip Code: _____

E-mail: _____

Phone: _____

Age on race day: _____

Gender (circle one): M | F | Other

Adult Shirt Size (5k Only)

Price increase includes cost of shipping.

FEMALE: S M L XL

MALE: S M L XL 2XL (+\$25)

Race Options:

***Parents running with children on the Fun Run must register for the Fun Run. No medal or shirt for parents.**

Fun Run
 5k
 Parent Fun Run