



dedicated to finding a cure

5K RUN/WALK

Saturday ~ April 11, 2009

10 AM at Lake Nokomis

5001 Lake Nokomis Pkwy. W, Minneapolis, MN 55417

Join the Minnesota Freeze Australian Rules Football Club and JDRF to help combat diabetes by running or walking around Nokomis Lake on a 5K course.

A portion of your race entrance fee will help JDRF to find the cure.

Entry Fee: \$25 pre-registered / \$30 race day.

For all entrants: Minnesota Freeze & JDRF commemorative shirt.

Mail-in Deadline: April 4, 2009

Online registration on <http://Active.com> closes April 9 at midnight.

Send in this completed form to: Minnesota Freeze & JDRF 5K Run/Walk
4047 Camberwell Dr N.
Eagan, MN 55123

Race Entry Fee:	<u>\$25</u>
Additional donation for JDRF	_____
TOTAL	_____

Make checks payable to **Minnesota Freeze**

Name: _____ Age _____ Sex M / F

Address _____

City/State/Zip _____

Phone _____ Email _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Minnesota Freeze, Juvenile Diabetes Research Foundation, the City of Minneapolis, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations. or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose. I agree to abide by road race etiquette and safety rules for safe racing by not bringing onto the course during the event any leashed or unleashed animals.

Signature _____ Date _____

Co-Sign _____ Date _____

(if applicant is under 18)