



Minser Chiropractic Clinic

Friday, September 17, 2010
1K 6:00 start time, 5K 6:30 start time

Registration: Begins at 4:30 pm @ the Beaver Island Trail Head, parking at SCSU Q lot.
Packet includes chip timing, t-shirt, and goodie bag

1K Awards: All participants of the 1K will receive a finisher medal

5K Awards: Medals will be presented to all 1st, 2nd, and 3rd place male and female finishers in each category, 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & up.

Entry Fee: \$15 Before Aug 1st/\$20 after Aug 1st/\$25 Day of Race. Special Group Rate: 25 entries for the price of 20 if all registered before Aug 1st. All proceeds to go the American Spine Foundation and **Kids Against Hunger**.

Registration fee includes a T-shirt & refreshments at the finish line. Door prizes will also be awarded after the race.

For more information contact Minser Chiropractic Clinic at 320-253-5650

1K kids run (limited to first 300 participants)

Team/Group (25 or more)

5K walk/run

Group name _____

Name: _____ Age on race day _____

Address _____ City, State, Zip _____

Gender M / F email _____ Phone _____

Adult T-shirt size: S M L XL

Youth T-shirt size: M L

WAIVER:

In accepting this entry, I hereby for myself waive and release any and all claims and rights for damages I may have against the organization and/or Minser Chiropractic Clinic for the 1K/5K run/walk. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature _____ Date _____

Parent/guardian (if under 18) _____ Date _____

Return completed form and check to: Minser Chiropractic Clinic, 203 Park Avenue South, St. Cloud, MN 56301