In Yan Teopa 10 Mile Trail Run

September 27, 2008

A 10 mile trail run entirely within Frontenac State Park. Runners will start and finish near the shelter in the picnic area and follow trails along the tops of the river bluffs as well as the prairies in the river bottoms. There will be 3 aid stations with water during the race with additional refreshments at the finish. Frontenac State Park is located approximately 10 miles SE of Red Wing or 5 miles NW of Lake City on Highway 61, then 1 mile north on County Road 2 This race is part of the 2008 Minnesota Trail Running Series.

AWARDS
1st place overall, male and female
Top 3 male and female in the open division (39 and under) and masters(40 and over)
Commemorative mugs to all race entrants.

ENTRY FEES
16.00 postmarked before Sept. 15, 20.00 Sept. 15 – race day
Rochester Track Club members may deduct 1.00 from these amounts.

Make checks payable to Rochester Track Club and mail to:
Larry Pederson
224 Co Rd 89 questions? Call: (507)753-2240
Zumbro Falls, MN 55991 E-mail: pederson.larry@mayo.edu

A State Park sticker is required for entry into Frontenac State Park.
A daily sticker is 7.00 or 25.00 for an annual sticker good for entry into any State Park.

RACE DAY SCHEDULE
8:00- 8:45 Registration at picnic shelter
9:00 Start of race. Awards to follow.

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Last Name_____ First Name _____ Gender M F Age on race day_____

Address_____ Evening Phone ( ) _____

City _____ State _____ Zip Code_____ E- mail _____

Each entrant must read and sign the release statement below to be eligible to run

WAIVER: I know that running a trail race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat and high humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, The Department of Natural Resources, Frontenac State Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
Signature of entrant(by parent or guardian if participant is under 18)

_____ **Date**_____