

Osakis 5-K Run - 2009



The 22nd Annual running of Osakis 5K Run (3.1 miles) will take place June 20, 2009. The run will start at Just Like Grandma's on the corner of Second and Main in Osakis at 9 a.m. The predominantly level course will follow paved roads thru town, taking advantage of the beautiful scenery of the Lake Osakis area. The finish line will be back at Just Like Grandma's. The Run is open to all ages, male and female. Awards will be given to the three top finishers of each sex in these groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and above. There will be a \$12.00 early registration fee collected through June 19th. On race day, registration will be \$15.00. The fee includes a T-shirt to the first 100 registrants, plus a free ice cream cone after the race. Registrations on race day will be from 7:00 a.m. to 8:45 a.m. at Just Like Grandma's.

To register for the 5K Run, complete the registration form below, include the fee, and mail to:

Mark Nessman
500 Lake Street East
Osakis, MN 56360
For More Information Call: 320-859-5770

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Osakis 5K Run REGISTRATION FORM

Name _____ Home Phone _____

Address _____ Birthdate ____/____/____

City _____ State _____ Zip _____

T-Shirt Size: S M L XL

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release any and all sponsors of this race and their representatives, successors and assigns, from any and all liability arising from illness and injuries I may suffer as a result of my participation in this race. I attest and certify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity of promotional purposes my name and photograph, videotape, motion pictures and recordings of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreements by my signature below.

Signature

Co-Signature *

*Co-signature required by parent/guardian of participants under 18 years of age.