

FLAG DAY 5K RUN/WALK for the Fisher House

Saturday, June 15
2019

8:00 am
5K Start Time
Check-in Begins at 7:00 am
\$30 Civilians* \$20 Military/Veteran*
*Price is for registration completed online or mailed in by May 31. All registrations completed by May 31st are guaranteed a T-Shirt. Late registrations are available online. Same Day Registration available onsite for \$40.

Northwest Metro VA Clinic
7545 Veterans Drive
Ramsey MN 55303



All proceeds benefit the Fisher House and the families of our wonderful veterans



ONLINE REGISTRATION at <http://flagday5k.itsyourrace.com> or mail in the form below



MAIL-IN REGISTRATION



PRIZE DRAWING!

Make sure to stick around after the race for the **great prize drawing!** Everyone registered will be entered. Must be present to win!

Name

Address

City, State, Zip Code

Age

Phone

Email

T-shirt Size (circle one): S M L XL XXL (\$3 addl. for XXL)

Gender (circle): M F

5K RUN RELEASE FORM

In consideration of the acceptance of my entry, I hereby represent that I have read this application fully, have adequately trained to participate in this athletic event, understand the risks involved in strenuous physical exercise and therefore I assume the risks associated with participating in this event. I hereby for myself, heirs, executors and administrators waive and release all claims that I or they may have against the organizers of the event, the Minnesota State DAR, the MN Veterans Administration and the Fisher House, and all sponsors of this event. I grant permission to all for the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes. I shall abide by all decisions of the race officials as final.

X

Runner's Signature

Parent/Guardian Signature (if under 18)

Mail-in registration must be postmarked by Saturday, June 8th. Mail registration form with entry fee to:

Flag Day 5K – Clausens
27235 Dakota Ave.
Elko, MN 55020

Make checks payable to:
MN State Flag Day 5K

Contact:
darflagday5k@yahoo.com