



Heritage Days 5K

Friday July 4th 2008 Two Harbors MN
5:30walk 6:00pm run

- **Entry Fee: REDUCED! 4th ANNUAL 4th OF JULY SPECIAL \$15 thru race day!**
(Make checks payable to Heritage Days 5K/Amy Ojard)
 - **Starts & Finishes at Break-wall parking lot.** All awards will be given out ASAP after the race. Pre-registered participants guaranteed T-shirts.
 - **Same Day Registration begins at 4:00pm* at the Break-wall.**
 - **Race surface has areas of pavement and gravel.** *No baby-joggers, strollers, rollerblades, or pets please.*
 - **Entry forms also available on-line at thheritagedays.com**
-

Mail Entry To: Heritage Days 5K c/o Amy Ojard PO Box 93 Knife River, MN 55609

For more information contact: Amy Ojard @ 218.834.5140

Name _____ Phone _____

Address _____ City, _____ state, _____ zip _____ email: _____
(for emailed entries next year!)

AGE CATEGORY: 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

T-SHIRT SIZE: S M L XL XXL ←(Circle) → MALE / FEMALE

Participant's release: I the undersigned know that an action sport carries a significant risk of personal injury. I know that there are natural and man made hazards, surface and environmental conditions and risks, which in combination with my actions can cause me very severe or possibly fatal injuries. I agree that as a participant I take an active role in understanding these risk conditions and hazards and have prepared myself for participation. I hereby acknowledge that I have entered the race at my own risk and accept that risk. I also agree that I, NOT Amy Ojard, or the Heritage Days committee members, or volunteers or the City of Two Harbors including its employees, am responsible for my safety while I attend and participate in this event.

Signature _____ Parent's Sig _____