

FSI Presents: Get Ready to Rock Run

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| Name: | Get Ready to Rock Run |
| Location: | 5040 Bald Eagle Ave, White Bear Lake, MN (North High School) |
| Distance: | 20 Miles, 10K |
| Date: | September 6, 2008 |
| Start Time: | 8:00 a.m. |
| Entry Fee: | 20 Miles: \$27 by Sept. 2, \$32 race day; 10K: \$19 by Sept. 2, \$24 race day |
| Description: | The 20 mile course does two laps around Bald Eagle Lake and it is very flat and fast. 10K participants will run along the lake for part of their run. |

Registration:

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| Name: | |
| Distance: | 20 Miles, 10K (please circle all that apply) |
| Address: | |
| City: | |
| State: | |
| Zip: | |
| Phone: | |
| Email: | |
| Age: | |
| Sex: | M F (please circle one) |
| Birthdate: | |

Waiver: Knowing that participating in a road race is a potentially hazardous activity, I enter and run this race certifying that I am medically able and properly trained. I also know that, although police protection is provided, there may be traffic on the course route. I assume the risk of running in traffic. I also assume all other risks associated with running this event, including the effects of heat. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge FSI and all other parties associated with the race, including police and volunteers, from any and all claims to liability for the death, personal injury or property damage of any kind or nature, arising out of, of in the course of, my participation in this event. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. I have read the foregoing and certify my agreement by my signature below.

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| Signature: | Date: |
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Please send this form with payment to: Final Stretch, Inc. P.O. Box 121, Nerstrand, MN. 55053