

## FSI Presents: Running Opener

<b>Name:</b>	Running Opener
<b>Location:</b>	1615 Phalen Drive E, Saint Paul, MN 55106
<b>Distance:</b>	5K and 10K
<b>Date:</b>	April 19, 2008
<b>Start Time:</b>	9:00 am
<b>Entry Fee:</b>	5K = \$20 before April 13th, \$25 race day 10K = \$21 before April 13th, \$26 race day
<b>Description:</b>	This is a spectacular course with the 5K completing one lap around the lake and the 10K going around the lake two times. Both courses are certified and both will be fast. There are a few small hills but nothing of size. The great thing about this course is that it will be held on the trails of the park. Therefore, you will not be crossing a street or have to deal with any traffic/motorists!!!

### Registration:

<b>Name:</b>	
<b>Distance:</b>	5K / 10K (please circle all that apply)
<b>Address:</b>	
<b>City:</b>	
<b>State:</b>	
<b>Zip:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Age:</b>	
<b>Sex:</b>	M   F (please circle one)
<b>Birthdate:</b>	

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.

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