

30th ANNUAL 5K BIG SIOUX TRAIL TOUR

When: Saturday, May 22, 2010
Start Time: Walk 8:45 AM, Run 9:00 AM

Where: Big Sioux Recreation Area
4 Miles SW of Brandon off I-90, Exit 406

Event: 5K open to any walker or runner who wants to competitively enjoy the beauty and challenge of Big Sioux Recreation Area's hiking trails

Registration: Pre-registration fee - \$9.00, use form below, copies can be made
Day of race fee - \$10.00, register from 8:00 - 8:40 AM at the picnic shelter
Make checks payable to South Dakota GFP

Participants will receive a free T-shirt and certificates are awarded in 5 age groups for men and women. Refreshments will be provided. Call 605-582-7243 for questions or details.

I certify that I am in good health and have trained for this event. In consideration of your accepting this entry, I hereby, for myself, for my heirs, executor and administrator, waive and release any and all rights and claims for damages I may have against the organization holding this event, their agents, representatives, successors and assignors for any and all injuries at said meet.

Name _____ Signature _____ Home Phone _____

Address _____ City _____ State _____ Zip _____ Age _____

For competitors under 18, I the undersigned parent or legal guardian of the competitor hereby approve and confirm the above waiver information. _____

Send registration forms to: Big Sioux Recreation Area, 410 W. Park St., Brandon, SD 57005