

Mitchell Army National Guard 5k, 10 Mile, 10 Mile Relay
Sponsored by Dakota Plains Running Club
Saturday, Sept 27, 2008

Start/Finish @ Army National Guard Armory, 5501 Airport Rd
Scenic route around Lake Mitchell.

Races: 5k; 10 Mile; 4 Person 10 Mile Relay (Legs 2 mi, 2.5 mi, 2.5 mi, 3 mi);
1 mi Mile Fun Run/walk; 5k walk

Registration: 8:00-8:30 Start Time: 8:45

Awards: Top 3 5K, 10 Mile, 10 Mile Relay

Men's Overall, Women's Overall, Men's and Women's Age Group Winners

Cost: \$15 for 5k and 10 Mi \$12 for Military, RET Military, and DPRC Members
Relay is \$40 per team \$10 for 5k walk

Refreshments will be served after.

Mail Entry Form and Fee to: Jared Richter
5501 Airport Rd
Mitchell, SD 57301

Moisture Wick Shirt to those who Pre-Register by Sept 12, 2008

For More information:

Jared Richter @ 605-995-1640 e-mail: jared.richter@sd.ngb.army.mil

Lee Kayser @ 605-995-1672

Dennis Schley @ 605-995-1642

www.dakotaplainsrunningclub.com

Name _____ **DOB** _____ **SEX** _____

Address _____

Phone Number _____

WAIVER. I know that running a road race is potentially hazardous. I am medically able and properly trained to participate in the event. I also know, although protection will be provided, there could be traffic along the route. I assume any and all risks associated with running/walking in the event including, but not limited to falls, contact with other participants, the effects of the weather including extreme cold, conditions of the road, and all such risks being known and appreciated by me. Knowing this and in consideration of the event sponsors, volunteers and organizers, I hereby, for myself and my heirs, executors and administrator, waive and release any and all right and claim for damages sustained by me as a result of this run, for any cause whatsoever. It is also expressly understood by me that this run is entered at the sole risk of myself and that the organizers and sponsors of the run are exempt for liability for any cause.

Signature

(by parent or guardian if
participant is under 18) _____

