



Saturday, May 25, 2019

Same Day Registration 8:30-9:45am

Run/Walk begins
at 10:00am



Race Information: Join us for the 8th Annual Run for the Lake 5k fundraiser for the Big Sandy Lake Association sponsored by Big Sandy Lodge & Resort.

Registration and Packet Pick-up Information: You may pre-register for \$25/person or register the morning of the run for \$35/person. Run starts at 10:00am.

Race Timing: Race will be Chip Timed by Race Place Chip Timing.

Course Description: Road, mostly flat. 2.5 miles blacktop/0.6 miles gravel.

Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older.

Mail registration form to Big Sandy Lodge & Resort,
20534 487th Street, McGregor, MN 55760

Make checks payable to Big Sandy Lodge & Resort. \$25/\$35 per person (non-refundable) Cash Check CC

NAME: _____ AGE (day of race): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

E-MAIL: _____ PHONE: _____

Pre-register by May 5, 2019 to guarantee a shirt. Select from: (*mens*) Small Medium Large XL

WAIVER OF LIABILITY: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Big Sandy Lodge & Resort, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's signature if under age 18)

Date

www.bigsandyloggeandresort.com / 218-426-5040