



Running with the Eagles 5k run/walk
Saturday July 16th, 2016 at 9am
(Registration begins at 8am at New York Mills High School)
Sponsored by: Tri-County Health Care, Dean's Grocery, and
Norton Printing

\$25 registration fee (t-shirt included, please indicate your size on the form below)
no shirt size guarantee for those that register the day of! Shirts are available until
they run out on the day of the race.

Course Description: course starts and finishes at New York Mills High School, course is a local highway, and participants are encouraged to wear sun and bug protection. Each participant will receive an athletic style t-shirt with paid registration prior to July 2, 2016. After July 2, 2016 the remaining t-shirts will be on a first come first serve basis. Water and fruit will be provided to race participants following the race.

Registration Information:

Mail in your registration form along with your check to:
Running with the Eagles 5k
Attn: Molly Costin
36259 County Highway 75
Wadena, MN 56482

Trophies will go to fastest overall female and fastest overall male, medals to top runner
in each age bracket. Questions please contact: molly.costin@yahoo.com

Please cut and send in this portion with your check.

Mail Entry Form and make Checks payable to:

NYM Booster Club
Attn: Running with the Eagles 5k
36259 County Highway 75
Wadena, MN 56482

NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

Email Address _____

Adult Shirt Size _____ Small _____ Medium _____ Large _____ XLarge

WAIVER: 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 the New York Mills School District#553 and New York Mills Booster Club 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 18)

Date