



10th Annual Meadowfest Mad Dash Friday, June 23, 2017

Kids (5 & under) ¼ Mile Fun Run 6:15 p.m.

OR

Kids (12 & under) ½ Mile Fun Run 6:30 p.m.

5K (3.1 miles) Run/Walk (All ages) 7:00 p.m.

Where – Grand Meadow School

Awards – Trophy to overall male & female. Medals to the top individual of each age division and to finishers ages 12 & under. Kids Runs: Trophy to overall male & female. All participants receive a t-shirt and finishing award.

Age Divisions – 10 & under/11-14/15-18/19-29/30-39/40-49/50-59/60-69/70 and over.

Course – Out and back; flat and fast.

Race Directors (questions) Lisa Glynn (507) 279-0933 & Tammy Simpkins (507) 754-5827

Registration –Mail in attached form or register online before **6/9/17** to guarantee t-shirt.

Cost - Pre-registration 5K \$20 (All participants)• Kids Runs \$10 (includes t-shirt & medal); Limit of \$60/family

Checks payable to: Meadowfest Mad Dash. Proceeds will go to the Grand Meadow Basketball Booster Clubs & Grand Meadow Mileage Club.

Online Registration: www.GetMeRegistered.com/MeadowfestMadDash (processing fee added)

Mail forms to: Meadowfest Run, C/O Lisa Glynn, P.O. Box 12, Grand Meadow, MN 55936

Registration After 6/9/17 & Race day: \$25 for 5K \$15 for Kids Run (no guarantee of t-shirt)

Results of Races: Website: wayzataresults.com

NAME _____ Address _____

City _____ State & Zip _____ Phone _____

Email _____ Birthdate _____ Age _____ Sex (circle) M or F

Race entered (circle one) ¼ mile Fun Run ½ Mile Fun Run 5K Run/Walk

5K Age Division (circle) 10 & under 11-14 15-18 19-29 30-39

40-49 50-59 60-69 70 & over

Race# _____

Completed on Race Day

T-shirt size – Men sizes (circle) S M L XL XXL **Youth sizes** (circle) XS S M L

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter a run unless I am medically able and properly trained. By signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitles to act on my behalf, waive and release the City of Grand Meadow, the county of Mower, organizers of the race, Grand Meadow High School, and all sponsors, their representatives and successors from all claims, liabilities of any and arising out of participating in the event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver.

Signature (Parent or Guardian if under 18) _____