



33rd Annual, Cold Spring, MN

Support ROCORI Sports Booster Club  
 10k Run 5k Run/Walk 1k Kids Fun Run  
 Saturday, July 31, 2010

Rocori High School, Cold Spring

### Race Information

- 7:00 am – Packet Pick Up & Registration
- 8:00 am – 10K Run Race Start
- 8:10 am – 5K Run/Walk Race Start
- 9:30 am – 1K Kids Fun Run Race Start  
(approximate times)

### Age Categories

- 5K and 10K Races**  
 13 & Under • 14-19 • 20-29 • 30-39  
 40-49 • 50-59 • 60-69 • 70 & Over
- 1K Kids Fun Run**  
 6 & under • 7-9 • 10-12

[www.TheRedRiverRun.com](http://www.TheRedRiverRun.com)

### Registration

- Adult T-Shirt**  
 Please Circle One  
 Small Medium Large XLarge XXLarge
- Youth T-Shirt**  
 SM (8) MED (10-12) LG(14-16)

- Race Category**  
 Please Circle One  
 5K Run/Walk 10K Run 1K Fun Run
- Gender**  
 Please Circle One  
 Male Female

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 Age day of race

\_\_\_\_\_  
 City/State/Zip

\_\_\_\_\_  
 Email Address

### Information

1. Complete one registration per person
2. Read and sign the waiver form
3. Issue check or money order to:  
**Hometown Pride**  
**5K Run/Walk and 10k Run**  
 \$20 if postmarked by July 1<sup>st</sup>  
 \$25 if postmarked after July 1<sup>st</sup>  
**1K Kids Fun Run**  
 \$10 if postmarked by July 1<sup>st</sup>  
 \$15 if postmarked after July 1<sup>st</sup>  
 Same day registration accepted for all races,  
 but t-shirts are not guaranteed.
4. Mail completed registration form(s), waiver and payment to:  
**Red River Run**  
 531 5<sup>th</sup> St NW, Richmond MN 56368

Professionally chip timed by Pickle Events,  
 using Championship Technology

### Awards

**5K and 10K Races**

**Medals** awarded to the top three male and female runners in each age category for each of the 5k and 10k races.

**1K Kids Fun Run**

**Medals** awarded to the top three boys and girls in each age category.

T-shirts awarded to all registered participants.

Awards Ceremony will be  
 after the 1K Kids Fun Run

Proceeds to Benefit the  
 ROCORI Sports Boosters



### Waiver Statement

As an entrant in the 2010 Red River Run, I assume complete responsibility for any injury to me or damage to my property which may occur during the event, or otherwise. I assume all risks associated with, but not limited to: falls, contact with other participants, the affects of the weather, traffic, temperature and course condition. I agree not to hold any representative of the Red River Run, nor any organization associated, responsible for said injuries. I also grant permission to the Red River Run and other associated organizations to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I understand that the fees are not refundable.

\_\_\_\_\_  
 Participant's Signature

\_\_\_\_\_  
 Parent or guardian sign here if participant is under 18

\_\_\_\_\_  
 Date