



5 K RUN  
2 MILE WALK

18<sup>th</sup> Annual  
**Knife River Solstice  
Run/Walk**

Visit our website: [www.kniferiverrecenter.org](http://www.kniferiverrecenter.org)

**Saturday, June 25, 2011**

- 2 mile walk starts at 9 am
- 5 k run starts at 10 am
- Kids Race Course starts at 10:30 am  
Ages 10 & under; everyone will receive prize or ribbon

All awards will be given out ASAP after the 5k run.

*Pre-registered race participants receive t-shirts. Male/female age division winners receive recognition.*

**Race starts & finishes at Knife River Recreation Hall**  
199 Alger Smith Road (Corner of Church Road and Scenic Hwy 61)

**Fun prize Drawings!!**

**Entry Fee: Postmarked by June 14 . . . \$20 Postmarked after/day of race . . . \$25**



**Same day registration begins at 7:30 a.m.**

\*T-shirts (& size) not guaranteed on race day if not registered by June 14.

**PREREGISTERED RACE PARTICIPANTS:**  
Long sleeve shirts for \$5 additional!

Sponsored by:

*The Knife River Recreation Council (KRRC) consists of people who live in and around Knife River. Its purpose as described in the by-laws is "To develop and maintain recreational facilities and opportunities serving the residents of Knife River." The Knife River Solstice Run is one of our annual fundraising opportunities. Profits are used to improve & maintain to our community-owned properties and to provide recreational opportunities for our community members.*

**MAIL ENTRY TO:** Knife River Solstice Run/Walk PO Box 266 Knife River, MN 55609

For more information contact: Knife River Recreation Council

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State/Zip \_\_\_\_\_ (Circle one) Male Female Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

(Circle one) 2-mile walk 5K run (Circle shirt size) S M L XL XXL \* \*\*XXL add \$1 more

(Circle one) Short sleeve Long sleeve (add \$5) No T-shirt - Please donate t-shirt cost to KRRC

**Please make checks payable to Knife River Recreation Council (KRRC).**

**Additional Donation**  \$5  \$10  \$25  Other: \_\_\_\_\_

**Total enclosed:** \_\_\_\_\_

**ATHLETES RELEASE:** I, THE UNDERSIGNED, KNOW THAT AN ACTION SPORT CARRIES A SIGNIFICANT RISK OF PERSONAL INJURY. I KNOW THAT THERE ARE NATURAL AND MAN-MADE HAZARDS, SURFACE AND ENVIRONMENTAL CONDITIONS AND RISKS, WHICH, IN COMBINATION WITH MY ACTIONS, CAN CAUSE ME VERY SEVERE OR OCCASIONAL FATAL INFURIES. I AGREE THAT I AS A PARTICIPANT, I MUST TAKE AN ACTIVE ROLE IN UNDERSTANDING THESE RISK CONDITIONS AND HAZARDS. I HERELY ACKNOWLEDGE THAT I HAVE ENTERED THE RACE AT MY OWN RISK AND ACCEPT THAT RISK. I, ALSO AGREE THAT I, NOT THE KNIFE RIVER RECREATIONAL COUNCIL OR ITS MEMBERS OR VOLUNTEERS, AM RESPONSIBLE FOR MY SAFETY WHILE I PARTICIPATE IN OR TRAIN FOR THIS EVENT.

**REGISTERED WALKERS** MUST WALK THE COURSE. RUNNING AND SPRINTING BY REGISTERED WALKERS WILL RESULT IN DISQUALIFIED TIMES.

ALL REGISTRATIONS ARE NON-REFUNDABLE. RACE PACKETS, AWARDS, OR PRIZES WILL NOT BE MAILED.

Signature \_\_\_\_\_ Parent's Signature \_\_\_\_\_