



Brainerd Jaycees Run For The Lakez April 23 & 24, 2010

Registration Form

- Marathon** **Half Marathon** **Relay Marathon**
 5K Family Fun Run **Kids Fun Run**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

Gender: Male _____ Female _____

Age on Race Day: _____

Shirt Size: S M L XL XXL DOB ____ / ____ / ____

Wheel Chair Entry: Yes _____ No _____

Marathon Relay:

Team Captain: _____

Team Name: _____

Division: Male _____ Female _____ Mixed _____

Registration cost is listed on the back of this form.

Register online at

www.runforthelakes.com

Jaycee Members will receive a \$5 discount

218-330-2604 – email: registration@runforthelakes.com

Additional Donations

(tax deductible and must be payable by separate check to the appropriate entity)

Brainerd Trail Restoration

Submit this registration form to:

Brainerd Jaycees Run For The Lakez

PO Box 384 • Brainerd, MN 56401

Waiver:

In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims, and damages I may have against Brainerd Jaycees Inc./Brainerd Jaycees Run for the Lakez, the sponsors, coordination groups, City of Nisswa, Lake Edward Township, Crow Wing County and any individuals associated with said event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of the event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Drug Testing: Athletes who participate in this competition may be subject to formal drug testing in compliance with USATF and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competition. If you are under 18 years you must have the signature of your legal guardian to participate in this event.

Brainerd Jaycees **Run For The Lakez**

Registration Fees

Marathon • Half Marathon • Relay Marathon
5K Family Fun Run • Kids Fun Run

Marathon:

Registration through January 1 is \$45.00
Registration through February 28 is \$50.00
Registration through April 16 is \$60.00

Half Marathon:

Registration through January 1 is \$40.00
Registration through February 28 is \$45.00
Registration through April 16 is \$55.00

Marathon Relay:

Registration through January 1 is \$120.00
Registration through February 28 is \$140.00
Registration through April 16 is \$160.00

5K Family Fun Run:

Registration through January 1 is \$25.00
Registration through February 28 is \$30.00
Registration through April 16 is \$35.00

5K Family Pack Discount:

4 or more is \$15.00 per runner
(Immediate family members only)

Kids Fun Run:

Cost is \$5.00 or FREE with one
paid adult registration fee for any other race

Spaghetti Feed:

\$12.50 Adult, \$8.50 Child under the age of 12,
to be held at Zorbaz