



5 K RUN
2 MILE WALK

16th Annual Knife River Solstice Run/Walk

Visit our website: www.kniferiverrecenter.org

Saturday, June 27, 2009

- 2 mile walk starts at 9 am
- 5 k run starts at 10 am
- Kids Race Course starts at 10:30 am
Children 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 15 . . . \$18 Postmarked after/day of race . . . \$20*



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

*T-shirts (and size) not guaranteed on race day if you are not registered by June 15.

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: Kelly - Knife River Recreation Council @ 218.834.2118

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 _____

Your 2009 KR Solstice Run/Walk Registration is enclosed!

**Knife River Rec Council
PO Box 266
Knife River, MN 55609**

