

Delano 27th Annual 4th of July 5K Race
Monday, July 4, 2011
Start Time: 9:45 am
Delano Crossings Shopping Center
Delano, MN

Location:

Highway 12 and County Line Rd Delano – Race Day registration and race start is at the intersection of **St Peter Ave. and 13th St,** near the **Delano Crossings Shopping Center.**

Course info: Course was USATF certified in 2009 !

Run in front of thousands of people along the parade route, through historic downtown Delano. Finish in Delano City Park, where you can enjoy refreshments, get a massage in the medical tent, and enter to win of our many prizes! After the awards ceremony, you can stay to enjoy the many events in the park, including the parade, carnival, and food vendors.

This will be a chip-timed race.

Entry Fees & Registration:

- Prior to June 30 : \$25
- After June 30 : \$30
- Fit Family – 2 or more family members receive \$2 discount per runner—MUST **pre-register by June 25th, and all entries must be mailed together**
- Team Challenge – register as a team and receive special recognition

Race Merchandise:

- Performance T-Shirt given to every runner (guaranteed to all pre-registered runners)
- Race bag given to every runner (guaranteed to all preregistered runners)
- Finish line refreshments
- Massage treatments and therapeutic stretching available at the finish line

Divisions (M&F):

Under 20; 20-29; 30-39; 40-49; 50-59; 60-69, 70+

Awards

Prizes for the top 3 male and female finishers
Prizes for the top male and female Delano finishers
Awards will be given to the top three male and female runners in each age category

Registration:

Online : <http://www.active.com/running/delano-mn/delano-27th-annual-4th-of-july-5k-2011?int=29-6>

Packet Pick-up:

- Pre-race packet pickup available at My BodyShop Fitness Center on July 3 from _____.
- Race day packet pickup from 7:30-9:15 am, outside near the starting line.

Race Day Registration:

7:30 am to 9:15 am --PLEASE come as early as possible to ensure an on-time start.

For More Information:

Email: amybeth7367@hotmail.com

Phone: 763.972.9967

DELANO 4TH OF JULY 5K

Monday, JULY 4, 2011

9:45 am Start time

**Pre-race Packet pickup
Sunday July 3 @MyBodyShop Fitness Center**

Race Day Packet pickup and registration 7:30-9:15 am – Near race starting line (CVS)

Birthdate _____ Age (on race day) _____ Sex (M/F) _____

T-shirt Size: Small _____ Med _____ Large _____ X Large _____ XX Large _____

ENTRY: (PLEASE PRINT)

NOTE: Entries are not exchangeable or refundable

Entry Fee

Prior to June 30....	\$25.00
After June 30	\$30.00

Name: _____ Phone _____

Address: _____

City / State / Zip _____

Email _____

Phone: (763) 972-9967

Make check payable to Delano 4th of July & Mail check with entry to:

**Delano 4th of July 5k
Attn: Amy Johnson
638 Montrose Ave
Delano, MN 55328**

***WAIVER.** I am properly trained and enter this race totally at my own risk and hereby waive all claims that I or my heirs may have against all sponsors, race directors and all others associated with this race, for any injuries or problems I may sustain, regardless of any negligence. I am totally responsible for my safety and any injury I may suffer. Further, I hereby grant full permission to any and all of the foregoing to use my name, likeness and voice, as well as any photographs, videotape, motion pictures, recordings and any other record of this event in which I may appear for any legitimate purpose including broadcast of the event, the reuse in any media of this broadcast and in advertising and promotion.*

Participant Signature (or parent if under 18)

Please Print and Mail to above address

- Prizes will awarded to the top 3 male and female finishers
- Age group awards to top 3 finishers in each age group

- Awards for the top male and female Delano runners