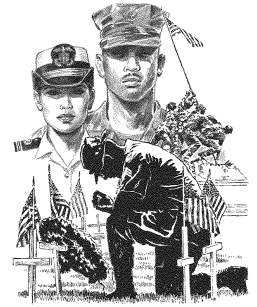


10th Annual VETERANS DAY CROSS COUNTRY RACE



8K Along the Greenway

Tuesday, November 11th, 2008

Entry Requirements: Pre-register must be received by Monday, November 10th.
Mail to or drop off at: Grand Forks Park District,
1210 7th Ave South, Grand Forks, ND 58201
Race Day registration will close at 10:45 AM, November 11th.

Fees: Pre-registration (no later than November 10th) \$15.00 ***U.S. Funds Only***
Race Day: check or EXACT cash only: \$20.00

Start Time: 11:00 AM (immediately after brief memorial service by the VFW)

Location: Lincoln Drive Park (at 13th Ave S and Belmont Rd, take Lincoln Drive to the park)

Awards: Medals will be awarded to all finishers, trophies to top male and female finisher.

Considerations: This will be a "European style" cross-country race. Therefore, the terrain may be more conducive for trail shoes. Spikes are also allowed.
It is not a walking event, i.e., course closes when the last runner completes the race.

Questions: Grand Forks Park District (701) 746-2750 or Race Director (Earl Beal) (701) 772-2639

Reproduction of this application is permissible

(Cut here and include lower portion with entrance fee)

NAME _____ AGE _____ GENDER _____

ADDRESS _____ CITY _____ STATE _____

ZIP CODE _____ PHONE _____

Waiver: In consideration of the acceptance of my entry in this race, I knowingly waive any and all claims which may accrue to me, my heirs, my estate, or my assigns, against all sponsors, organizers and officials of this race, including all of their agents, volunteers or employees for any damages whatsoever, including injury, illness or death suffered by me in this event. I certify that I am aware of the physical stress involved in participating in this event and the consequent risks to my health and that I have made adequate preparations to compete. I also agree to grant full permission to use my name, photographs, videotapes and other records of this event for publicity/promotional purposes.

Signature* _____

*Under 18 – Parent or guardian must sign

Make checks payable to: Grand Forks Park District