

Mesabi Range Community & Technical College along with The United Way present:

4th Annual **5K**
"Norse Course"

Free T-Shirt!

When: Saturday Sept 19, 2009
Registration: 8:30 am – 9:00 am (gym entrance-West 8- Virginia campus)
Race Starts: 9:10 am

Where: Race starts in Mesabi Range Parking Lot

Entry Fee: \$100 (Business Teams- 6 members or less) for each additional member \$10
\$20 pre-race day (11 & over) \$25 on race day (11 & over)
\$10 (Mesabi Range Students) Free (10 & under)

Checks: "Mesabi Range 5K"
* All proceeds go to United Way's "Imagination Library" & Mesabi Range College

Prizes for: * Top Male & Female Runner
* Top Male & Female Walker
* Parent/child duo (Parent on foot, child in jogger)
* Most Mesabi Pride (wear your best green & gold get-up!)
* Most interesting way to cross the finish line
* 1st, 2nd, & 3rd Place Business Team to all cross finish line



~ If you are requesting accommodations,
please contact Toby Anderson @ 749-0319

Detach and mail in with entry fee payable to: Mesabi Range 5K, 1001 W Chestnut St., Virginia, MN 55792

Name: _____ Male _____ Female _____ DOB _____

Address: _____ Home or Cell # _____

Emergency contact: _____ Tele. # _____

Check one: _____ \$100 (Business Teams -6 members or less) for each additional member \$10
_____ \$20 early registration (before Sept 1st) _____ \$25 late registration (after Sept 1st)
_____ \$10 (Mesabi Range Student) _____ FREE (10 & under)

Race Disclaimer: I am participating at my own risk and waive all claims of every nature against the organizers and Mesabi Range Community and Technical College with respect to any personal loss, illness, bodily injury or death resulting from participating in this race. I fully understand the rigors of such a race and have fully prepared myself physically to compete. At the time of registration, I will inform the race organizers about any medical conditions that I may have. I have read the above waiver and release, and understand every detail of it and I am initialing it voluntarily.

Initial: _____ **Date:** _____ **PLEASE CHECK:** _____ runner _____ walker

