

# Rochester Track Club Presents the 26th Annual Rochester Half Marathon & 5K Race

Saturday, August 28, 2010

8:00 am 5K Race Starts

8:10 am Half Marathon Starts

*The Half Marathon is an RTC Grand Prix Event*



Entry Fees: Half Marathon \$25 through May 31;  
\$30 June 1 through August 5th  
\$35 August 6th until Race Day

5 K \$20 through May 31;  
\$25 June 1 through August 5th  
\$30 August 6th until Race Day

\*\* RTC members receive \$2 discount with pre-registration

Register online at Running Room or send registration form and check payable to "RTC" to:

Rochester Half Marathon  
515 17th Street SW  
Rochester, MN 55902

For more information:

\*rochesterhalfmarathon@rochestertrackclub.net

\*www.rochestertrackclub.com

\*Jen Woodford at 529-1881

Amenities: Running Hat  
Custom Finishers Medal (Half Marathon only)  
Food and fluids at the finish line, including Gatorade, water, fruit and bread nuggets  
Gatorade and water on the course, approximately every 2-3 miles  
Showers courtesy of the Rochester Area Family YMCA, 1st Avenue SW

Course: Both Courses are USATF certified

Awards: Trophies to overall male and female open and master division winners  
Awards to 1st-3rd place finishers in age bracket divisions.

Packet Pick-up & Registration: Friday, August 27th: 5 - 9 PM - The Running Room, 711 S. Broadway, Rochester  
Saturday, August 28th 6:45 - 7:30 AM - Holiday Inn Express, 220 S. Broadway  
CHIP TIMING by ChampionChip Minnesota



**David W. VanDerHeyden**  
Attorney at Law-MSBA Civil Trial Specialist

## HALF MARATHON & 5K REGISTRATION FORM (Please Print)

NAME \_\_\_\_\_ EVENT ENTERING:  Half Marathon  5K

ADDRESS \_\_\_\_\_ GENDER:  M  F RTC MEMBER:  Yes  No

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ BIRTH DATE \_\_\_\_\\_\_\_\_\\_\_\_\_ RACE DAY AGE \_\_\_\_\_

Total Enclosed\$ \_\_\_\_\_

### Waiver

I know that running a road race is a potentially hazardous activity which could cause injury or death. By my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, and animals are not allowed in the race and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, the City of Rochester, the County of Olmsted, the State of Minnesota and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
(Signature) (Date) EMAIL \_\_\_\_\_  
Signature of parent/guardian required if entrant is under 18 Telephone \_\_\_\_\_

Register On-line: [www.runningroom.com](http://www.runningroom.com) or download form at [www.rochestertrackclub.com](http://www.rochestertrackclub.com)

