



35th ANNUAL DOUGLAS TRAIL RACE



DATE OF RACE: Saturday, August 7, 2010

RACE CONTACT

Paul R. Anderson
5814 Sandcherry Place NW
Rochester, MN 55901
(507) 282-7213 or barbpaul@charter.net

RACE DAY AGENDA

7:00 AM - Registration
8:00 AM - Race Starts
10:15 AM - Awards

RACE LOCATION

Douglas Trail
County Road 14
aka 75th Street NW
Douglas, MN

ENTRY FEES (Make checks payable to RTC)

Pre-race registration (Ends August 6, 2010)
\$8.00 – Rochester Track Club (RTC) Member
\$9.00 - Non-RTC Participant
Registration on Race Day
\$10.00 – Both RTC and Non-RTC Members

RACE COURSE DESCRIPTION

2 mile: Out and back fun run. Flat Asphalt bike trail.
11 mile: Out and back. Flat Asphalt bike trail.



DIRECTIONS

North US Highway 52 exit on 75th Street NW (County Highway 14). Go West 2-3 miles to Douglas, MN

Parking lot on left, if full on shoulder of highway.

Rochester Track Club Grand Prix Sponsors

AWARDS (11 Mile Race

Only)
1st Male/Female Overall
1st Place Male/Female Age Groups
19 and under
20 - 29
30 - 39
40 - 49
50 - 59
60 and over



David W. VanDerHeyden
Attorney at Law
M.S.B.A. Civil Trial Specialist

The 11mile race is a **Rochester Track Club Grand Prix Event.**

T-Shirts for all participants with preference based on order of registration and availability

Mail entries to: Paul R. Anderson, 5814 Sandcherry Place NW, Rochester, MN 55901. Make checks payable to Rochester Track Club

Note: When filling out the following please print!

NAME _____ SEX M () F () BIRTHDAY ___/___/___ AGE ON RACE DAY ___

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ T-SHIRT SIZE (Circle One) MEDIUM LARGE X-LARGE

RTC MEMBER YES () NO () ELEVEN MILE RUN _____ TWO MILE RUN _____

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and 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, including high heat and/or humidity, 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, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this wavier 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, 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 wavier.

By submitting this race application I agree to the above insurance waiver required by RRCA.

(Signature)

(Signature of Parent/Guardian if entrant under 18)