



Chester Woods Run Saturday, June 6th 2009



Thank you to our 2009 Grand Prix Sponsors

Running Room ♦ Med-City Marathon
Northgate Chiropractic ♦ Think Credit Union
VanDerHeyden & Ruffalo, P.A.

Check out beautiful Chester Woods by running the challenging 10 mile or the easier 5k. Chester Woods Park is located on the headwaters of Bear Creek in the rugged bluff country of Southeastern Minnesota. The 5k will take you along the Chester Woods reservoir on wood chip paths, out to the park entrance, and then you will follow along a wooded trail to the rim of a gorgeous valley below the dam, and finish by the fishing pier. The 10 mile run will start out in a meadow, go through the campgrounds, along the reservoir, and make a loop around the west side of the park.

LOCATION: Chester Woods Park, 8378 Highway 14 East, Eyota, MN 55934 8 miles east of Rochester on Highway 14. There is a \$5.00 daily or \$25.00 annual sticker required on your vehicle to enter the park. Permits can be obtained by calling 507-285-7050. Park has camping, fishing, canoing/paddle boats, or swimming available.
TIME: Registration begins at 7:00 a.m., 10 mile race begins at 8:00 a.m. with the 5k starting shortly after.

AWARDS: Turned black walnut pens to each age division winner, plus a matching pencil to overall male and female winners. Age divisions are 19 and younger, 20-29, 30-39, 40-49, 50-59, and 60-69, 70 and older. Also oak pen and pencil holders with a lazer engraved CWTR logo.

ENTRY FEES: \$17.00, through June 1st Then \$20.00 through race day. Register early we have a limited numbere of embroiderd caps for entrants and when their gone , their gone.
Please make checks payable to: Rochester Track Club and mail to the following address:

Larry Pederson
2247 Nordic Ct NW
Rochester, MN 55901

RACE CONTACTS: Jim Mason 507-951-2415 or jmason@greenway.coop, Larry Pederson 507-288-5691 and Fred Woolman 507-286-8648 **CHECK OUT THE LINK TO OUR WEBSITE AT rochestertrackclub.com**

THE 10 MILE RACE IS PART OF THE ROCHESTER TRACK CLUB GRAND PRIX SERIES

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____ Date of Birth: _____

Gender: (circle) M F Age on Race Day: _____ Race you are entering: (circle one) **10 Mile** **5k**

Waiver: 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 below, 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, the following: 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 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, Chester Woods Park, 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:** _____ (Parents
signature if under 18)