



5K Run or 3K Family Fun Walk

Proceeds benefit Brighter Tomorrows of Rochester
www.BrighterTomorrowsHope.org

5:00 PM Sunday, June 12, 2011 at Silver Lake
(Walk starts at 4:55)

Entry Fee or Pledges

Individual 5k run or 3k walk- \$20 (after June 1st, \$25)

Family (up to 4 immediate family members & 2 cinch sacks), any combo of events- \$70 (after June 1st, \$80)

All entry fees and pledges directly benefit Brighter Tomorrows and are 100% tax deductible

\$2 discount for RTC Members until June 1st

5k is a certified course and 5k run is a RTC Youth Grand Prix Event

Run and walk courses are separate courses

Raising \$100 (per entrant) will waive the registration fee

Pledges are not required, but are welcome

All pledge money must be turned in before the start of the race at the registration table

Incentive prizes to top 3 pledge raisers

Grand prize is a plane ride over Rochester donated by Pete Martin or a bicycle donated by Bicycle Sports

Registration and Packet Pickup

Race day registration and packet pickup for pre-registrants will be available 3:30 PM - 4:30 PM by the Silver Lake Swimming Pool on 7th Street NE. The first 200 registrants will receive a cinch sack while supplies last.

Download registration form at www.rochestertrackclub.com or register online at

<http://www.events.runningroom.com/hm>

5K Awards

Medals awarded to the top 3 male/female finishers in each of nine age categories:

10 & under, 11-14, 15- 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Cash prizes awarded to the top 3 overall male/female finishers: 1st - \$100, 2nd - \$75, 3rd - \$50

**Cash prize winners are not eligible for age group awards.*

High school and college athletes: check eligibility status for cash prizes.

Award ceremony to follow race with entertainment, refreshments, and door prizes!

Questions: Call 507-282-2610 or email marianne@productivementality.com

The MacAttack would like to thank our Major Sponsors



Steve Knutson

Davies Printing Company



5K Run/3K Family Fun Walk Registration Form

Name _____

Address _____

City _____

State _____ Zip code _____

Email address _____

Phone number _____ Age _____ Birthdate _____

Gender (circle) M F Event (circle one) 5K Run 3K Walk
 RTC Member (Circle) Yes No (\$2 discount until 6/1/11)

Make checks payable to: Brighter Tomorrows MacAttack
 Mail entries to: Marianne Couser, 516 21st Avenue SW, Rochester, MN 55902
 Questions: Call 507-282-2610 or email marianne@productivementality.com

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 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 skateboards, baby joggers, roller skates or blades, radio and music headsets, 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 Ronald McDonald House, Brighter Tomorrows, the City of Rochester, the County of Olmsted, and all sponsors, their representatives and successors from all claims and 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(s) _____ Date _____
 (Parent or guardian if entrant is under 18 years old)

Special Event Pledge Form

Name _____ Age _____

Address _____

City _____ State _____ Zip _____ Tel. No. _____

Bring this sheet to the MacAttack!

Name/Contact Information	Amount Pledged	Amount Paid