



Early Bird: \$15
Regular: \$20

OSSEO LIONS ROAR 5K Run/Walk

**T-Shirts
for all Early
Registrants**



2013 Osseo Lions Roar 5K Fun Run/Walk

Saturday, September 7, 2013, Osseo, Minnesota

- Date/Time:** Saturday, September 7, 2013 with start at 11:00 a.m.
Start Location: Osseo Senior High School Track
Race Details: Starting at the Osseo Senior High track, running throughout Osseo looping around town and finishing along Main Street Osseo. This year's race will be timed and results posted on-line. Course map will be available on Facebook "Osseo Lions Roar 5K Fun Run"
Entry Fee: \$15 for early bird, received by Saturday, August 31st and \$20 after the 31st or day of race
T-Shirts: T-shirt guaranteed to all participants registered by August 31st (sizes and quantities may be limited or not available day of race, so register early)
Race Organizers: Osseo Senior High Boys and Girls Cross Country Team
 Any questions email Coach Rundquist at rundquistj@district279.org or at (612) 703-6527

Registration: Mail to 132 6th Avenue NE Osseo, MN 55369 and make checks out to "Osseo Cross Country"

Name _____ Phone _____

Address _____ City _____ St _____ Zip _____

Email Address: _____

Circle: Male / Female T-Shirt Size: Youth S M L XL

Release form/Waiver: I agree and understand that a 5K is a potentially dangerous activity and I should not participate unless I am medically able and properly trained. I assume all risks associated with participating in this event, including but not limited to: temperature, condition of athletes equipment, vehicular traffic, contact with other participants, actions of volunteers, spectators and producers of the event, and lack of hydration, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting of my fees, I hereby, for myself, my heirs, my executors, administrators, or anyone else who my might claim on my behalf covenant not to sue, and waive and release every kind of nature whatsoever, foreseen and unforeseen, known and unknown. If participant is under 18 years or age, a parent or guardian's signature is required.

Signature

Date

If family or under 18, signature of parent or guardian

There will be no refunds for bad weather and the race will not be rescheduled.

