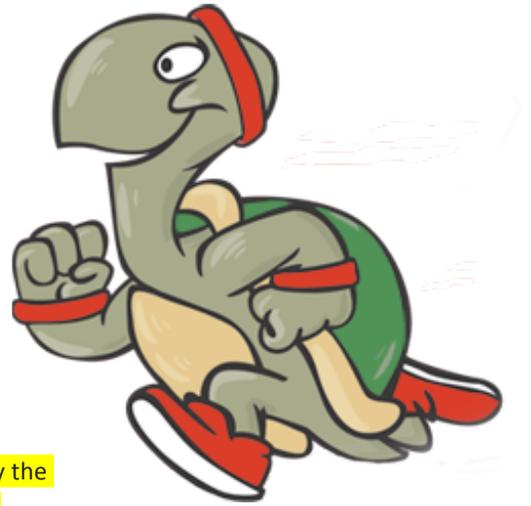


24<sup>th</sup> Annual  
**Turtle Fest**  
**Half Marathon, 5k & 10k**  
**Saturday, June 15<sup>th</sup>, 2019**

Half Marathon start at 7:00 a.m.

5k & 10k start at 8:00 a.m.

All proceeds benefit Perham Cross Country Team!



**\* Updated Registration:** Registration & start located at Arvig Park on Highway 51 by the softball, baseball, & soccer fields. Start and Finish Line are both in Arvig Park by the softball/baseball diamonds.

Thanks to Sponsors: KLN Family Brands, Perham Health, United Community Bank, Bremer Bank, The Nest, Napa Auto Parts, The Wild Goose, Goose Gang, All Creature Veterinary Hospital, Arvig, & Long Weekend Sportswear

Awards: There will be awards for top 3 in each age group and 1<sup>st</sup> place male and female overall finishers. All preregistered participants will receive a T-shirt for the Turtle Fest 5k, 10k, & Half Marathon. Late entries are not guaranteed a T-shirt the day of race, but will be given out on a first come first serve basis.

**The age groups will be as follows: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over**

Fruit and water for all participants. Questions: Call Jeff @ 218-371-5992 or email [perhamcc@gmail.com](mailto:perhamcc@gmail.com)

Participant's Name: \_\_\_\_\_ (please print clearly)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Sex:  Male  Female

Race:  5k (\$25)  10k (\$25)  ½ Marathon (\$45)

**Entry fee: 5k & 10k - \$25 Half Marathon - \$45**  cash  check (Make checks payable to Perham Cross Country)

Mail to: Perham Cross Country, PO Box 65, Perham, MN 56573

For online registration: [www.perhamhalfmarathon.com](http://www.perhamhalfmarathon.com)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route and I must watch for vehicles at intersections and on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads. I recognize that if I choose to wear a portable listening device during the race that it may create a distraction, which may increase my risk of injury. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Perham Cross Country Boosters and any organization associated with the race, and the local governments and police, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen or unforeseen) for death, personal injury or property damage of any kind or nature arising out of their negligence or that of others in the course of, my participation in this road race and all other events and activities associated with this race. I give my permission for medical team evaluation, treatment, and transfer to an emergency facility if needed. I agree that Perham Cross Country Boosters officials have the right to remove me from the race and related activities if they are of the opinion that it is in my best interest or the best interest of Perham Cross Country Boosters that I be removed. I further grant permission to the Perham Cross Country Boosters and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose without limitation or compensation. I understand that fees are not refundable and race numbers and timing chips (if applicable) are not transferable. I also agree to abide by the Rules of Competition as set forth by the USATF. I have read the foregoing and certify my agreement by signing the Registration Form.

THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and agreement is intended to be as broad and inclusive as permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_