



RASMUSSEN COLLEGE PRESENTS



All proceeds go to:
My Pink Scarf Inc.
& Bismarck Cancer
Center Foundation

Miles For Smiles 8-21-2010

5k Run/Walk

5k participants will begin & end race at Sertoma Park - Shelter 10

REGISTRATION FEES (INCLUDES T-SHIRT)

ADULTS:

\$15 registration prior to the event
\$20 day of the event

YOUTH:

\$10 (10 and under)
FREE (5 and under)

FAMILIES:

\$50 (up to 4 people)

- * Pre-registration recommended
- * Registration forms available at Rasmussen College
- * Return registration form & check by mail or drop off at Rasmussen College

Schedule of Events

- 7:15am - Registration
- 8:00am - Kickoff Ceremony
- 8:30am - Runners Start
- 8:45am - Walkers Start
- 10:30am - Closing Ceremony
- 11:00am - Lunch



Rasmussen College Bismarck Campus
1701 East Century Avenue
Phone: 701.530.9600



Miles For Smiles – 5K Run/Walk

Saturday August 21st, 2010



Registration Fees: (Includes t-shirt)

Adults: \$15 pre-registration
\$20 day of event

Youth: \$10 (10 and under)
Free (5 and under)

Family:\$50 (up to 4 people)

***Make checks payable to: Rasmussen College**

***Pre-Registration due by August 18th**

***Mail or drop off form and check at Rasmussen College**

Agenda:

7:15am – Registration

8:00am – Kickoff Ceremony

8:30am – Runners Start

8:45am – Walkers Start

10:30am– Closing Ceremony

11:00am - Lunch

Race Location: Runners & walkers will start at Sertoma Park Shelter #10 in Bismarck.

Questions: Janelle Knudson or
Amanda Bakkedahl @701-530-9600
Shirts will be available on race day
(sizes not guaranteed)

Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____

Zip Code: _____ Phone: _____ Email: _____

Shirt size: (circle) Youth SM Youth MED XS SM MED LG XL XXL XXXL

***Additional Family Members**

Name: _____	Age: _____	Shirt Size: _____
I, or my parent/guardian if I am under 18 years of age, have read the waiver below _____		

Name: _____	Age: _____	Shirt Size: _____
I, or my parent/guardian if I am under 18 years of age, have read the waiver below _____		

Name: _____	Age: _____	Shirt Size: _____
I, or my parent/guardian if I am under 18 years of age, have read the waiver below _____		

Waiver: In consideration of the acceptance of my entry in this race, I knowingly waive any and all claims which may accrue to me, my heirs, my estate, or my assigns, against all sponsors, organizers and officials of this race, including all of their agents, volunteers or employees for any damages whatsoever, including injury, illness or death suffered by me in this event. I certify that I am aware of the physical stress involved in participating in this event and the consequent risks to my health and that I have made adequate preparations to compete. I also agree to grant full permission to use my name, photographs, videotapes and other records of this event for publicity/promotional purposes.

Participant or Parent/Guardian Signature: _____

Under 18 – Parent or guardian must sign