

# Granite City Days of St. Cloud in conjunction with The Star of the North Games presents your Summer Festival “5k Beaver Island Trail/River Run” Saturday June 27, 2009 at 8am

**History:** The 4th annual Summer Festival Run this year will be the “5k Beaver Island Trail/River Run”. This race started as a 12k in 2006 and 07, changed to an 8k in 2008 at Wilson Park, now a 5k for 2009.

**Location:** The race will start at Husky Hub (on the campus of St. Cloud State University) near the Beaver Island Trail Head (**address: 1504 3<sup>rd</sup> Avenue South, St. Cloud, MN 56301**) which is past the National Hockey Center (SCSU) with parking in “Q Lot”. You can call our office at (320)654-0202 or (888)754-0202 or email [kelm56301@aol.com](mailto:kelm56301@aol.com) for more information. You can also visit the Granite City Days web site: [www.granitecitydays.com](http://www.granitecitydays.com).

**Entry Fee:** For the **5K run:** \$15 pre-registration by June 20, 2008 and race day is \$20. Checks payable: St. Cloud Boxing & Wrestling Club. T-shirts guaranteed for pre-registration. NO refunds.

**Course:** The race will start at **Husky Hub located on the St. Cloud State University Campus (parking is available at the “Q-Lot”)** and will go straight to the Beaver Island Trail proceeding to Island View Road and turning around and running back on the Beaver Island Trail. The course is flat, simple, and yes there have been other races on this course the past year. **Fast, flat, scenic, and safe!**

**The course will be CERTIFIED this year for the 5K (3.1 miles) run. (multiply by .62)**

**Awards:** T-shirt sizes will be guaranteed to all pre-registered runners. Awards will be awarded to the top 3 finishers of each age group for male and female. Age categories are: 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over. First place trophy to overall mens winner and overall female winner. Results will be posted on web. Star of the North Games will be providing the medals. VERY NICE TOO!

**Sponsors:** Star of the North Games, Granite City Days, St. Cloud Boxing & Wrestling Club  
The Boxers Workout, The TAO Massage Institute, and Downtown Gym & Fitness

**Registration:** Please call our office at (320)654-0202 or online registration at: [www.active.com](http://www.active.com). Each participant must fill out a separate registration form. **Race Day Registration:** will begin at 7am and run till 7:45am right in front of **Husky Hub** on the campus of St. Cloud State University “Q Lot” which is past the National Hockey Center.

Downtown Gym & Fitness  
St. Cloud Boxing & Wrestling Club  
220 7<sup>th</sup> Avenue South  
St. Cloud, MN 56301

Info: Scott Kelm (320)654-0202 [kelm56301@aol.com](mailto:kelm56301@aol.com)  
Race Management: [www.pickleevents.com](http://www.pickleevents.com) Brad Pickle  
ONLINE Register: [www.active.com](http://www.active.com)  
Race application: [www.raceberryjam.com](http://www.raceberryjam.com)

**Star of the North Games:** Every year the Star of the North Games will be held in St. Cloud and Rochester switching venues every other year. For more information regarding other events:

Star of the North Games Coordinator: Bartt Gevens 320-260-9699 [bartt@stcloudsports.com](mailto:bartt@stcloudsports.com)  
Age group winners can advance to the National Games of America [www.starofthenorthgames.org/](http://www.starofthenorthgames.org/)

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# 5k Beaver Island Trail/River Run

## Saturday June 27, 2009

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### Official Entry Form & Waiver and “Acknowledgement of Liability” Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Age on race day \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender: M or F Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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Circle T-shirt size:    Small    Medium    Large    X-Large    XX-Large

#### Your Waiver & Acknowledgement of Liability

**Waiver Statement of Liability:** I, \_\_\_\_\_ (please print) in accepting this entry for the 5k Beaver Island Trail/River Run, ASSUME complete responsibility for any and all injuries to me, **(yes, even death due to falling or tripping or getting hit by a car)** which may occur during this said event on this day of June 27, 2009.

I also **ASSUME responsibility** for any damage to my property and/or property stolen on the said day of the event. I, \_\_\_\_\_ (please print) also attest and verify that I am physically fit and have sufficiently trained for the said running event. I do know that running is a sometimes strenuous activity and also hazardous.

I also understand that this event is a fundraiser for charity and agree to defend and indemnify the organizers, sponsors, its helpers, volunteers, and members against any loss due to injuries sustained by the said runner in this event on this day of the race of June 27, 2009.

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

**If said entrant is under the age of 18, a parent or guardian must sign here:**

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