

Crystal Frolics 5k Run and Walk

Date: Saturday, July 24th 2010

Time: 5k Run and Walk **8:00 am**

Kids ½ mile Fun Run 7:45 am

Location: Basset Creek Park: 32nd and Xenia Avenue North in Crystal

Race Highlights:

- All registered participants will be automatically entered to win a new Schwinn bicycle donated by Eggie's Café of Crystal. (Must be present to win)
- Fast, mostly flat, race course.
- Medals for top finishers.

Directions: From 36th Avenue North and Highway 100 in Crystal, go west on 36th Avenue to Xenia (about 2 blocks), turn south, continue for 4 blocks. (9 miles NW of downtown Minneapolis)

Fee: 5K Run and Walk Before July 17th - \$15.00
After July 17th - \$25.00
Race day registration available.

Kids Run – FREE (no shirts)

Sponsored by:

Eggie's Cafe

*Homemade Breakfast and Lunch
6418 Bass Lake Road, Crystal*



Mail Registration Forms and Payment to:

MGHS Cross Country
c/o Jen Riewe
17630 Johnson Ct.
Elk River, MN 55330

Online Registration at
www.active.com

All runners will receive a t-shirt, refreshments and snacks at the finish.

Award medals given to 2 top male and female finishers. Divisions: under 20; 20-29; 30-39; 40-49; 50-59; 60+ Gift certificate to the Running Room for top male and female finisher.

Race Information Line: 612-720-1146 or
<http://sites.google.com/site/crystalfrolics5krunandwalk/>

Registration Form for 5K Fee: Before July 18th - \$15 After July 18th - \$25 # _____ (Office Use only)

Name _____ Phone _____ Shirt Size S M L XL

Address _____ City _____ Zip _____

Birthdate ____/____/____ Sex M or F Email address _____

Knowingly, I am entering the above race and hereby waive and all claims that I may have against the race director, workers, sponsors and the City of Crystal for any injury that I may sustain as a result of my participation in the race.

Date _____ Signature _____

(Parent Signature if under 18)

Make Check Payable to: **MGHS Cross Country**