

EMPIRE ARTS CENTER'S
FALL FROLIC
 5K - 10K - KID'S RUN

EMPIRE ARTS CENTER'S FALL FROLIC
5K • 10K • KID'S RUN
 SATURDAY, SEPTEMBER 26TH, 2009

What: Fall Frolic 10k Run, Alerus Financial's 5k run/walk, Kids 1/2 Mile.

When: 9-26-09. Kids 1/2 Mile begins at 9:30AM. 10k run and Alerus Financial's 5k run/walk begins at 10AM.

Course: Begin in Riverside Park in Grand Forks (100 Park Avenue). Runners will head West towards the pedestrian bridge and continue on the Greenway. 5k runners will cross River Road and continue on the trails, loop around to head back to Riverside. 10k runners will not cross River Road, but stay on the greenway trail heading towards the Demers Avenue Bridge. Runners will go under the bridge, towards the Murray bridge, looping back towards the finish line in Riverside Park.

Cool Stuff: Race T-shirt guaranteed for all pre-registered participants, costume contest (dress as your favorite movie character), door prizes, post race food and beverage, MUSIC by local performers, awards for top finishers of each race, a Family Photo Set, Free Kids Games, and more! Strollers welcome! Parents, you CAN run with your child in the Kid's run!

Entry Fee: Fall Frolic 10k run= \$20 by 9-1-09, \$25 after. Alerus Financial's 5k run/walk = \$15 by 9-1-09, \$20 after. Kids 1/2 Mile = \$10. Day of registration IS available.

Awards: Top 3 overall males in 10k and 5k, top 3 overall females for 10k and 5k. Ribbons to all participants of the Kids 1/2 Mile. Costume contest awards for best kids costume, and best overall costume.

Door prizes: Door prizes are open to all participants and will be randomly chosen at registration.

All proceeds go to benefit the Empire Arts Center.

Contact: Stacy at redriverrunnersgf@yahoo.com



EMPIRE ARTS CENTER'S FALL FROLIC
 A RUNNING FESTIVAL FOR THE ENTIRE FAMILY
5K - 10K - KID'S RUN
 SATURDAY, SEPTEMBER 26TH, 2009



Name _____ Age _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Email address _____ phone _____

T-shirt size (circle one): S M L XL XXL

Child sizes (circle): S (6-8) M (10-12) L (14-16)

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including low temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the City of Grand Forks, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Signature _____

Parent's Signature if under 18 _____

Alerus Financial's	
5k run/walk	
By 9-1	\$15 _____
After 9-1	\$20 _____
Fall Frolic 10k Run	
By 9-1	\$20 _____
After 9-1	\$25 _____
Kids 1/2 Mile	\$10 _____
TOTAL	\$ _____

Make Checks Payable to:
 Empire Arts Center
Mail to:
 Red River Runners -GF
 P.O. Box 12702
 Grand Forks, ND
 58208-2702