Hugo's Potato Bowl 8k
Hugo's Tater Tot Trot 1 Mile

Registration 2008

What: Hugo's Potato Bowl 8K (4.97 miles of FUN!) and Hugo's Tater Tot Trot 1 Mile Run (Ages 7 to 13 eligible).

When: Saturday, September 13th. Hugo's Tater Tot Trot begins at 8am. Hugo's Potato Bowl 8K begins at 8:30am. Registration and packet pick-up begins at 5:30am in the Riverwalk Centre, 211 Demers Avenue East Grand Forks, MN 56721****Please do not park on Demers Avenue on race morning as there will be a parade starting at 9:30am.

Course: Begin in the parking lot behind the Riverwalk Centre in East Grand Forks, then on the Grand Forks/ East Grand Forks Greenway (bike trail).

Amenities: T-shirt (guaranteed for all pre-registered participants), door prizes, post race food and beverage provided by Hugo's Family Marketplace.

Entry Fee: Early Bird fee for the Hugo's Potato Bowl 8K is $15. After August 30th is $18. Fee for the Tater Tot Trot 1 mile is $5. After August 30th is $8.

Awards: Top 3 overall males and top 3 overall females for Hugo's Potato Bowl 8k. Top 3 finishers for ages 7 to 10, and Top 3 finishers for ages 11 to 13.

Door prizes: By donating $5 to the East Grand Forks Food Shelf (check the box below) OR if you bring a non-perishable food item to the race, you will be eligible for door prizes. Please consider people and families in need.

***Contact:* Stacy at 218-779-4743 OR redriverrunnersgf@yahoo.com**

Hugo's Potato Bowl 8k / Hugo's Tater Tot Trot 1 mile Registration Form
September 13th, 2008
****Each participant must fill out a separate registration form.***

***Name*_____ *Age on 9/13/08*_____ *Sex*_____**

***Address*_____ *City*_____ *State*____ *Zip*_____**

***Email address*_____ *Home phone*_____**

Adult sizes (circle): 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, The City of East 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**_____

Date _____

- **8K**
  By 8-30-08 $15____
  After 8-30-08 $18____
- **1 Mile Run (age 7-13)**
  By 8-30-08 $5_____
  After 8-30-08 $8_____
- **EGF Food Shelf** $5___

TOTAL $_____

Make Checks Payable to:
Potato Bowl 8K
Mail to:
Red River Runners –GF
P.O. Box 12702
Grand Forks, ND 58208-2702