

Grafton's Annual Fest Run!

5K Run/5K Walk/Corporate Relay

Saturday, June 27, 2009

Registration 7:00 -7:45 am - 5K Run Begins at 8:00 am

5k Course for Run & Walk:

The Start and Finish lines will be at Leistikow Park, near the Grafton Swimming Pool. A map of the course will be available at the registration table on the day of the race.

5k Race Awards for Run Only:

Medals will be awarded for the top three finishers in each age category.

Award Categories for the 5-K Run:

Male & Female Divisions

- 18 and under
- 19 - 29
- 30 - 45
- 46 and over

Corporate Relay:

A 4-person relay race will follow the walk/run beginning at approximately 8:30 am. Cost is \$60 per team, and participants are encouraged to seek sponsors, whether it be from an individual or a business. Each team member will run .4 mile, or half the distance around Leistikow Park.

Awards:

Corporate Relay overall winning team's award to be announced.



5K Fest Run/walk '09 Entry Form

Name _____

Address _____

City _____

State _____ Zip _____

Age as of June 24, 2006 _____

Male _____ Female _____

I will enter:

5K Run _____ 5K Walk _____

Circle T-Shirt Size Wanted:

Adult: S M L XL XXL XXXL

Child: L

Fees:

Pre-registration

individual = \$15.00 _____

family = \$40.00 _____

Day of race

individual = \$ 20.00 _____

Family = \$45.00 _____

Donation - Spoiler Track: _____

Release and Waiver

I understand that a road race/walk is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. Grafton SummerFest volunteers are not responsible for injuries incurred during this event.

Signature (by guardian if a minor)

Send completed form to:

Chamber of Commerce

432 Hill Ave

Grafton, ND 58237

Corporate Relay '09 Entry Form

Corporate Sponsor: _____

Runners: _____

Cost = \$60.00 for the team

Indicate Shirt Size Wanted From Chart at Left:

Runner 1: _____ Runner 2: _____

Runner 3: _____ Runner 4: _____

Release and Waiver

I understand that a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Grafton SummerFest volunteers are not responsible for injuries incurred during this event.

Signature (by guardian if a minor)

Signature (by guardian if a minor)

Signature (by guardian if a minor)

Signature (by guardian if a minor)

Send completed form to:

Chamber of Commerce

432 Hill Ave.

Grafton, ND 58237

Questions? Call @ 701-352-0781

Camping is available! Call Grafton Parks at 701-352-1842 to make reservations! And, courtesy of Grafton Park District - shower facilities in the campground will be available for your use after the race.

stamp

For a full schedule of activities planned for this family oriented SummerFest weekend call 701-352-0781 or go to www.graftonevents.com or email us at gracha@polarcomm.com

For questions about the Fest Run, please call 701-352-0781.



Grafton Chamber
432 Hill Ave.
Grafton, ND 58237

Fest Run!!

June 27, 2009



**Leistikow Park
W. 5th Street
Grafton, ND**