



Crosslake Monster Dash

They did the dash...
they did the monster dash...
it was a Crosslake smash!

Events:

5K Run/Walk

Fun run/walk. The event for 2015 will be chip timed by Karma Race Management.

Kids Spirit Sprint: (Ages 4-10)

Children's race includes sprint, t-shirt, refreshments and supervised activities. It does not include 5K registration. Supervised child care will be available from 9:45 to 11:00 am. Please register your child during race day check-in.

Prizes:

Participants will receive a long sleeved shirt. Prizes will be awarded for various age divisions, random prize drawings, and for the best costumes.

All runners, walkers and volunteers are encouraged to wear a costume to the event!

Proceeds:

All proceeds from the Monster Dash will support the PAL Foundation of Crosslake.

Register Early & Save!

Entry Fees 5K:

Before October 15th - \$25

October 16th through race day- \$30

Kids Spirit Sprint: (Ages 4-10)

Before October 15th -\$15

October 16th through race day - \$20

(Children's fee includes race, t-shirt, refreshments and supervised activities.
Does not include 5K registration.)

Race Day Registration: 8:30 AM

Kids Spirit Sprint Start: 9:30 AM

5K Race Start: 10:15 AM

To Enter:

Send completed entry
form/release with check payable to:

PAL Foundation

Mail to: Crosslake Parks and Recreation
14126 Daggett Pine Road
Crosslake, MN 56442

Or Register in person at the

Crosslake Community Center

Or pay with a credit card online at:

<http://monsterdash.itsyourrace.com/>

For more information call: 218-692-4271

Crosslake Parks and Recreation's

6th Annual Monster Dash 5K Run/Walk & Kids Spirit Sprint



10/24/15

All proceeds will support PAL

(Parks and Library Foundation of Crosslake)
501 c(3)



Crosslake Monster Dash Waiver and Release

Please read carefully before signing.

1. I wish to participate in the Crosslake Monster Dash (the "Race") sponsored by the City of Crosslake (the "City") on October 24th, 2015.
2. My participation in the Race is voluntary. I acknowledge that participating in the Race carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know and am aware of the dangers associated with my participation in the Race and with such knowledge assume any and all such risks, whether known or unknown, while participating in the Race. Such risks include: (1) minor injuries such as bruises and sprains; (2) major injuries such as joint or back injuries, broken bones, heat-related injuries and heart attacks; and (3) catastrophic injuries including paralysis and death.
3. To the best of my knowledge I am physically fit and have no physical or medical conditions that would prevent me from participating in the Race. I acknowledge that the City recommends that prior to participating in the Race, I should first consult with my physician and abide by any limitations set by my physician.
4. In consideration of being allowed to participate in the Race, I understand and agree that the City or any person acting on behalf of the City (Karma Race Management, PAL Foundation) may not be held liable in any way for any event which occurs in connection with the Race which may result in harm, death, injury or other damage to me. This waiver of liability does not waive liability for any injuries that I obtain as the result of willful, wanton or intentional misconduct by the City or any person acting on behalf of the City.
5. I agree to comply with all rules related to the Race. If I observe any unusual or significant hazard during my participation in the Race, I will stop participating and immediately notify the nearest official.
6. I agree to defend, indemnify and hold harmless the City for any expense or liability the City may incur as a result of my conduct, actions or omissions while participating in the Race.
7. It is my express intent that this Waiver and Release shall bind the members of my family, if I am alive, and my heirs, assigns and personal representatives if I am deceased.
8. I grant permission for use of any photographs, motion pictures, recording, or any other record of my participation in this event for any legitimate purpose, without financial or other compensation or royalties.
9. I have read the above and understand the legal significance of signing this document.

The City of Crosslake is asking you to provide information which includes private information under the Minnesota Government Data Practices Act. This information will be used to enroll you/your child or ward in the event, in the administration of the event, and for emergency purposes. You are not legally required to provide the information the City is requesting and you may refuse to provide some or all of the information requested. However, the City may not be able to enroll you/your child or ward in the event if you do not provide sufficient information. With some exceptions, unless you consent to further release of private information, access to this information will be limited to City Employees and Volunteers involved in the program. However, state and federal law authorize release of private information without your consent if required by a court order, or permitted by other state or federal law.

Participant Signature _____ Date _____

Notice: Participants under 18 years of age must have this release co-signed by a parent or legal guardian

Parent/Guardian Signature _____ Date _____

Name (Please Print) _____ Age on race day _____

Address: _____ City _____ State _____ Zip _____

Emergency Contact: _____ Phone: _____

Email: (for registration confirmation) _____

Please Indicate: Gender: Male Female Category: 5K Runner 5K Walker Kids Spirit Sprint (Must be 10 years of age or younger to participate)

T-Shirt Size: Adult S M L XL XXL XXXL or Youth YS YM YL

I wish not to be included on a mailing list for future Crosslake Monster Dash runs.

Complete and return one form for each participant. Copies of this form are accepted. Thanks!