



**FUN RUN**

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

Phone# \_\_\_\_\_

**Registration**

Go to the Ephraim Co-op, 96 North Main, register for your starting number from 6:00 a.m. until start of run

**Fee**

\$10 will provide you with a Festival t-shirt and a chance to win cash prizes for winners in 10K and 5K(men and women).

**Entry**

(mark one)

- 10 K starts at 6:30 a.m.
- ½ Marathon starts at 6:30 a.m.
- 5 K starts at 7:00 a.m.
- Walk starts at 7:00 a.m.

**Gender**

- Male
- Female

**Shirt Size**

(mark one)

- XS      S      M      L      XL      XXL

**Waiver and Release**

\_\_\_\_\_ (initial here)

In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Scandinavian Heritage Festival Fun Run for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event. I understand that my registration is not refundable or transferable.

**Payment**     Cash     Check #     Paypal