

Minnesota State University Moorhead

Fourth of July 10K Run & Firecracker Trot

Sunday, July 4th
8 a.m. Start
Nemzek Field

MSUM • 2010
FIRE UP
FOR JULY 4TH
www.mnstate.edu/july4

- Registration begins by 7 a.m.
- Special **Fourth of July** technical shirt!
- Prize money to top three Finishers, male and female. Gifts to ten year age group winners.
- For 10K Run information, please call 477-2062.
- UST&F Certified Course. Chip Time by Pickle Events.
- For 10K ADULT online registration, visit the website: <http://msum10k.zapevent.com/>
- FIRECRACKER TROT for Children only, FREE registration, either mail in form OR drop off on July 4! Event takes place right after 10K Run, on the track!



For more event information call 218.477.2156

or see our website: www.mnstate.edu/july4

This document can be made available in alternative formats by calling (218) 477-5859 (V/TTY).

Minnesota State University Moorhead is an equal opportunity educator & employer and is a member of the Minnesota State Colleges & Universities System.

ENTRY FORM FOR ALL RACES

EVENT ENTERED: Fourth of July 10K Run Children for Firecracker Trot 12&under (FREE)
Shirt Size: Small Medium Large X-Large CHILD: Small Medium Large

Name: FIRST _____ LAST _____

Gender: [M] [F] Date of Birth (mm/dd/yy): _____ Age (On July 4th): _____

Address _____

City _____ State _____ ZIP _____

WAIVER: I hereby enter the Fourth of July runs. I enter at my own risk and personally assume any risk or responsibility for injuries incurred as a direct or indirect result of my participation in this event. I further agree not to hold liable Minnesota State University Moorhead, race directors, sponsors or any party associated with this race.

Signature Date Parent signature if under 18 Date _____

FOR 10K ONLY: Make \$25 check payable to MSUM 4th of July 10K and send check and completed form to:
Attention: MSUM Business Office, UPO Box 77, 1104 7th Avenue South, Moorhead, MN 56563
Do not mail after June 30. Entry on race day will not guarantee a shirt! 03-10/1000/BKST