

2019 Ashby Appreciation Days

5K/10K Run/Walk and Family 1mi Fun Run

All proceeds benefit the Ashby Legacy Fund

- Date** Saturday, July 20th, 2019
- Time** Registration & packet pick-up
 6:00-7:30pm Friday, July 19th, at Ashby School near main entrance
 7:00-7:45am race day at Central Lakes Trail
 1mi Kids' Fun Run 8:00am start
 5K/10K Run/Walk 8:30am start
- Location** Ashby Central Lakes Trail Shelter at intersection of Co Hwy 82 and Co Rd 10 on the SE side of Ashby.
- Route** Fun Run: 0.5mi down/back on the Central Lakes Trail (paved)
 5K: 3.1-mile route from the Trail Shelter leaving Ashby north on County Rd 10 (paved), west on 100th St. (gravel), and back to town on the Central Lakes Trail (paved).
 10K: Shares start/finish and route with 5K but has added 2.5K down/back section on the Central Lakes Trail before returning to Ashby after turning off of 100th St.
- Cost** No charge for children under 5yrs old in strollers in the 5K/10K accompanied by registered adult. No charge for children, teens, or adults participating in the Family Fun Run if also registered for the 5K or 10K. Teens or adults not registered for the 5K or 10K but accompanying a child in the Fun Run must register in order to receive a T-shirt.

	Early Bird Registration received by 4/30/19	Registration received between 5/1/19 and 7/2/19	Registration received between 7/3/19 and 7/19/19	Registration on Race Day
1mi Fun Run – Child (age 12 & under)	\$7	\$8	\$9	\$10
1mi Fun Run – Teen/adult not also registered in 5K or 10K	\$9	\$10	\$11	\$12
5K – Child/Student (age 18 & under)	\$15	\$16	\$17	\$20
5K – Adult (age 19+)	\$20	\$21	\$22	\$25
10K – Child/Student (age 18 & under)	\$25	\$26	\$27	\$30
10K—Adult (age 19+)	\$30	\$31	\$32	\$35

T-Shirts Registration by 7/2/19 includes a T-shirt that will be available at packet pick-up. Registration after 7/2/19 includes a T-shirt available at packet pick-up on first-registered, first served basis as supplies last.

Timing Chip timing for the 5K & 10K will be provided by Karma Race Management.

Results Race results will be posted on www.ashby5k.com after the event.

Prizes Medals will be given to top male & female finishers in the 5K and 10K by age category (14 and under, 15-24, 25-34, 35-44, 45-54, 55 and over). “Ashby Bucks” prizes will be given to the overall top finisher (male & female), first to the top of the hill (male & female), and first baby stroller finisher. Drawings for Door Prizes will occur after the 5K/10K awards.

Questions? Please contact us via email (ashby5km@gmail.com), phone (763-607-7481 –Justin Eberhardt), or messaging the “Ashby Community Advisory Team” page on Facebook.

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REGISTRATION FORM AND LIABILITY WAIVER

Last Name _____ First Name _____

Age on Race Day _____ Male _____ Female _____ Phone _____

Address _____ City _____

State _____ Zip Code _____ E-mail _____

How did you hear about this event (circle all that apply)?
Facebook Poster Website Radio Email

Word of Mouth Newspaper (specify) _____

T-Shirt Size

(Circle one): Adult S M L XL XXL ** Youth S M L ** Toddler 2T 3T 4T 5T

Race (Circle one): 1mi Family Fun Run 5K Run/Walk 10K Run

Waiver: In consideration of participation, I, by submission of this form, assume all risks associated with running in this event and do hereby release and discharge The Ashby Community Club and their representatives from any and all claims for injury, death, or property damage in connection with the Ashby Appreciation Days 5K. I acknowledge, agree, and represent that I understand the nature of the race and am qualified and in proper physical condition. I acknowledge that the activity will be conducted over public roads and facilities open to the public upon which hazards of traveling are expected. I further agree if at any time I believe the conditions to be unsafe, I will immediately discontinue participation in the activity. I HAVE READ THIS DISCLAIMER, WAIVER, AND RELEASE AND RECOGNIZE THAT I GIVE UP SUBSTANTIAL RIGHTS BY SUBMITTING THIS FORM. I KNOWINGLY ASSUME THE RISK.

Signature of participant or of parent (if participant under age 18 on Race Day) _____ Date Signed _____

Payment amount enclosed: \$ _____ Cash _____ Check _____

Make checks payable to the "Ashby Community Club"

Registration forms and entrance fees can be dropped off at the Ashby Clinic (Attn: Erin Peterson) or mailed to "Appreciation Days 5k" c/o ALF Community Advisory Team, PO Box 313, Ashby, MN 56309. Registration can also be completed in person at Packet Pick-up or Race Day.