

2023 Ashby Appreciation Days 5K/10K

All proceeds benefit the Ashby Legacy Fund

Date Saturday, July 15th, 2023

Time Registration & packet pick-up
 Friday, July 14th, location and time TBD
 7:00-7:45am race day at Central Lakes Trail
 1K Family Fun Run: 8:00am start
 1.5mi Roots Youth Run: 8:00am (NEW EVENT for bigger kids)
 5K/10K: 8:45am start (NEW LATER TIME)

Location Ashby Central Lakes Trail Shelter at intersection of Co Hwy 82 and Co Rd 10 on the SE side of Ashby.

Route 1K Fun Run: 0.5 km down/back on the Central Lakes Trail (paved)
 1.5mi Roots Youth Run: 0.75mi 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 2.5km down/back section on the Central Lakes Trail before returning to Ashby after turning off 100th St.

Cost No charge for children 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.

| <i>Note, add \$4 for 2XL</i> | Registration received by 6/1/23 | Registration received between 6/2/23 and 7/13/23 | Registration on Race Weekend 7/14-15/23 |
|--|---------------------------------|--|---|
| 1K Fun Run – Child (age 12 & under) | \$10 | \$12 | \$15 |
| 1K Fun Run – Teen/adult not also registered in 5K or 10K | \$10 | \$12 | \$15 |
| 1.5mi Roots Youth Run | \$15 | \$17 | \$20 |
| 5K – Child/Student (age 5-18) | \$20 | \$25 | \$30 |
| 5K – Adult (age 19+) | \$25 | \$30 | \$35 |
| 10K – Child/Student (age 5-18) | \$30 | \$35 | \$40 |
| 10K – Adult (age 19+) | \$35 | \$40 | \$45 |

T-Shirts Registration by 6/15/23 includes a T-shirt available at packet pick-up (guaranteed). Registration after 6/15/23 includes a T-shirt available at packet pick-up on first-registered, first served basis as supplies last.
 Extra T-shirts can be ordered before 6/15/23 for \$15 (toddler 2T-5T, youth XS-S-M-L, adult S-M-L-XL) or \$18 (2XL) per shirt. Email ashby5km@gmail.com for details.

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

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

Prizes Fun Run and Roots Run participants each receive a small award at the finish line. Medals will be given to top male & female finishers in the 5K and 10K by age category (9 & under, 10-14, 15-20, 21-30, 31-40, 41-50, 51-60, 61-70, 71 and over). Prizes will be given to the overall top finisher (male & female) in the 5K and 10K, first to the top of the hill (male & female) of either race, and first baby stroller finisher.

Refunds No refunds will be given for cancellations by participants or for weather-related cancellations by the event organizers (such as in the case of a severe weather warning). Event organizers reserve the right to transition the event to a Virtual Race if such action to minimize crowds would be appropriate due to public health recommendations.

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

2023 Ashby Appreciation Days 5K, 10K, and 1K Family Fun Run

REGISTRATION FORM AND LIABILITY WAIVER

Last Name _____ First Name _____

Birthdate (DD/MM/YY) _____ 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

Friend Newspaper _____ Past Participant

T-Shirt Size

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

Race (Circle one): 1K Family Fun Run 1.5mi Roots Youth 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 ALF Community Team and their representatives from any and all claims for injury, illness, death, or property damage in connection with the Ashby Appreciation Days 5K, 10K, and Family Fun Run. 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 Legacy Fund"

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, PO Box 301, Ashby, MN 56309". Registration can also be completed online at www.ashby5k.com or in person at Packet Pick-up & Race Day.