



EMPIRE ARTS CENTER'S FALL FROLIC

5K • 10K • KID'S RUN

TUESDAY, AUGUST 17TH 2010



What: Empire Arts Center's Fall Frolic including a 10k run, a 5k run/fitness walk, a 1k kids run, and a 1 mile family run/walk. This race is to celebrate Grand Forks going SMOKE FREE! There will be food, fun, a fire truck, photos, a pledge wall, and lots more fun for the whole family!

When: Tuesday, August 17th 2010 at Riverside Park in Grand Forks. 10k and 5k begin at 6:15pm. Kids 1k begins at 7:20, and 1 mile family run/walk will be our final event at 7:30pm.

Course: Begin at Riverside Park in Grand Forks (North 1st Street, just off Gateway Drive near the Kennedy Bridge) and wind along the Greenway Trails into East Grand Forks. Loop back to finish

Amenities: T-shirt for 5k and 10k participants. Ribbons to all kids 1k and family 1 mile participants. Door prizes, post race food and beverage, and more!

Entry Fee: 5k: \$15 early bird. 10k: \$20 early bird. Kids 1k: \$5 Family 1 Mile: \$10 per person or \$35 per family (includes 2 adults, 2 kids, \$5 per person after that). **All fees increase by \$5 after July 30th.** You can also register online at www.active.com. Search Fall Frolic.

Awards: Top 3 overall males and top 3 overall females for 5k and 10k. Participation ribbons for kids 1k and family 1 mile.

Door prizes: Door prizes are open to all participants and will be drawn throughout the race.

All proceeds go to benefit the Empire Arts Center and their many events that bring art and culture to the area throughout the year.

Contact: Stacy at 218-779-4743 OR RedRiverRunnersGF@yahoo.com



Fall Frolic 5k, 10k, 1k Kids Run, Family 1 Mile run/walk --- Tuesday August 17th, 2010 at 6:15pm

Name _____ Age _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Email address _____ phone _____

T-shirt size (circle one): S M L XL XXL

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including low temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the City of Grand Forks, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Signature _____

Parent's Signature if under 18 _____

5k run/walk	\$15 _____
	\$20 (after 7-30-10) _____
Fall Frolic 10k run	\$20 _____
	\$25 (after 7-30-10) _____
Kids 1k (.6 mile)	\$5 _____
	\$10 (after 7-30-10) _____
Family 1 mile run/walk	\$10 (indiv.) _____
	\$35 (family) _____
	+ \$5/person above 4 people
TOTAL	\$ _____
Mail payment & form to:	
Empire Arts Center	
PO Box 12702	
Grand Forks, ND 58208-2702	