



SOUR GRAPES half & half Trail Run

Northland Arboretum, Brainerd, Mn
June 8, 2019

PLEASE PRINT

Last Name:	First Name:		
Street Address:			
City:	State:	Zip:	Phone:
Birthdate:	Race Day Age:	Sex: (M) (F)	
Email: (Required to Get Registration Confirmation Email)			

- **Adult registrations limited to first 500**
 - **Race Day registration is available if 500 is not reached; No limit on children**
 - **Each entry must be submitted on a separate form**
 - **Registration Fees are NOT Refundable**
- (Will be Considered a Donation to Arboretum if Unable to Race)

Check one event	Event	Received By May 1	Received By June 1*	Received By June 6	Total with this registration
<input type="checkbox"/>	Half Marathon Run (Chip Timing)	\$40	\$50	\$60	
<input type="checkbox"/>	10K Run/Walk (Chip Timing)	\$40	\$50	\$60	
Circle GENERIC T-Shirt Size: S M L XL XXL **					
Circle FEMALE CUT T-Shirt Size: FXS FS FM FL FXL FXXL FXXL ** (see www.sourgrapesrun.com for sizing)					
Additional T-Shirts (depending on availability): #: _____ Size(s) _____			\$10	\$15	
* All registrations by May 27 guaranteed a T-Shirt, after that date based on availability.					
Make checks payable and mail to: Sour Grapes Run, PO Box 375, Brainerd, MN 56401				TOTAL	
If paying for multiple persons with one check, please list names here:					

All proceeds from the Sour Grapes Run go to support the Northland Arboretum. For more information about the Northland Arboretum and its programs, please go to www.northlandarb.org. For questions about the race please go to www.sourgrapesrun.com.

Waiver:

I enter and run this race certifying that I am medically able and properly trained. I also know that the course is on trails through wooded areas and accept the additional risks associated with such a course. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and the conditions of the trails. Knowing these facts, and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Sour Grapes 1/2 Marathon and 10K Run/Walk, and 12 and under kids run, Northland Arboretum, the counties, cities and villages in which the race is conducted, any other organization associated with the race, race officials, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury, or property damage of any kind or nature arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the race and any organization conducting the race an/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or anyother record of this event for any purpose. I further understand that registration fees are non-refundable and will be considered a donation to Arboretum if unable to race.

Signature _____
Date

Signature (By parent or guardian if participant is under 18) **Date**