

27th Annual Turtle Fest 5k & 10k

Saturday, June 17th, 2023

5k & 10k start at 8:00 a.m.

All proceeds benefit Perham Cross Country Team!



*** Updated Registration:** Registration & start located at Arvig Park on Highway 51 by the softball, baseball, & soccer fields. Start and Finish Line are in Arvig Park by the softball/baseball diamonds.

Thanks to Sponsors: KLN Family Brands, United Community Bank, KIT Masters/Swan Machine, Arvig, Hanson Plumbing and Heating, All Creature Veterinary Hospital, Lakes Café, Lakes Area Pest Control, Pizza Ranch, Grand Stay Hotel/Super 8, Gene's Sport Shop, Bay Window Quilts, Elements Wellness & MedSpa, Reuter Family Dentistry, Central Market & Long Weekend Sportswear

Awards: There will be awards for the top 3 in each age group and 1st place male and female overall finishers. All pre-registered participants will receive a T-shirt for the Turtle Fest 5k & 10k. Late entries are not guaranteed a T-shirt on the day of the race but will be given out on a first-come, first-serve basis.

The age groups will be as follows: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Fruit and water for all participants. Questions: Call Jeff Morris @ 218-371-5992 or email perhamcc@gmail.com

Participant's Name: _____ (please print clearly)

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email address: _____ Age on race day: _____ Sex: Male Female

Race: 5k (\$30) 10k (\$30) cash Venmo check (Make checks payable to Perham Cross Country)

Race Day Entry fee: 5k - \$35 10k - \$35

Venmo is AVAILABLE: @perhamcc

Shirt Size Youth Medium Youth Large Small Medium Large Extra Large 2XL



Mail to: Perham Cross Country, PO Box 65, Perham, MN 56573

For online registration: <https://tempotickets.com/TurtleFest>

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route, and I must watch for vehicles at intersections and on the roads. I also assume 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 humidity, and the condition of the roads. I recognize that wearing a portable listening device during the race may create a distraction, which may increase my risk of injury. Knowing these facts, and in consideration of your acceptance of my entry fee, 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 Perham Cross Country Boosters and any organization associated with the race, and the local governments and police, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen or unforeseen) for death, personal injury or property damage of any kind or nature arising out of their negligence or that of others in the course of, my participation in this road race and all other events and activities associated with this race. If needed, I give my permission for medical team evaluation, treatment, and transfer to an emergency facility. I agree that Perham Cross Country Boosters officials have the right to remove me from the race and related activities if they think it is in my best interest or the best interest of Perham Cross Country Boosters that I will be removed. I further grant permission to the Perham Cross Country Boosters and agents authorized by them to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose without limitation or compensation. I understand that fees are not refundable, and race numbers and timing chips (if applicable) are not transferable.

THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and agreement is intended to be as broad and inclusive as permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Participants Signature: _____

Date: _____

Parent Signature (if Participant is under the age of 18): _____