30th Annual Turtle Fest 5k & 10k

Saturday, June 20th, 2026

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 our Sponsors:

Pizza Ranch, The Market at Perham, KLN Family Brands, United Community Bank, Reuter Family Dentistry, Hilltop Lumber, Widseth, Smith & Nolting, Lakes Cafe, All Creatures Veterinary Clinic, Bay Window Quilts, Long Weekend Sportswear, Jorgenson's Tools, SnacksPlus, Hammer's Construction, Toad River Running Club, Grizzly's, Lakes Community Cooperative (LCC), Karkela, Hunt & Cheshire, PLLP, The Cactus, Jack Chivers Realty, Central Market, Lakes Family Eyecare, Arvig

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

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Participant's Name: _____ (please print clearly)

Address: _____

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

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

Race: ☐ 5k ($40) ☐ 10k ($40) ☐ cash ☐ Venmo ☐ check (Make checks payable to Perham Cross Country)

Race Day Entry fee: 5k - $45 10k - $45

Venmo is AVAILABLE: @perhamcc

Shirt Size: ☐ Youth Small ☐ Youth Medium ☐ Youth Large ☐ Youth Extra Large/XS

☐ Small ☐ Medium ☐ Large ☐ Extra Large ☐ 2XL

venmo

Mail to: Perham Cross Country, PO Box 65, Perham, MN 56573 For online registration: https://forms.gle/W7KBvvFHMy2KLLaX6

SCAN ME

I know that running a road race is a potentially hazardous activity. I should not enter and participate in this race unless I am medically able and properly trained. I also understand that, although police protection will be provided, there may be traffic on the course, and I must remain alert for vehicles at intersections and along the roads. I voluntarily assume all risks associated with participating in 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 further recognize that wearing a portable listening device (such as headphones or earbuds) during the race may create a distraction and increase my risk of injury. In consideration of the acceptance of my entry fee, I hereby, for myself, my heirs, executors, administrators, and anyone else who might claim on my behalf, **covenant not to sue and waive, release, and discharge** Perham Cross Country Boosters, any associated organizations, local governments, law enforcement, volunteers, all sponsors, and their respective agents, employees, assigns, and 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 arising out of their negligence or that of others in connection with my participation in this road race and all related events and activities. If necessary, I give permission for medical personnel to evaluate, treat, and transport me to an emergency medical facility. I also agree that race officials from Perham Cross Country Boosters have the right to remove me from the race and related activities if they determine it is in my best interest or in the best interest of the event. I further grant permission to Perham Cross Country Boosters and its authorized agents to use any photographs, videotapes, motion pictures, recordings, or other records of this event for any purpose without limitation or compensation. I understand that entry fees are non-refundable and that race numbers and timing chips (if applicable) are non-transferable. **THE UNDERSIGNED** further expressly agrees that this release, waiver, and agreement is intended to be as broad and inclusive as permitted by the laws of the State of Minnesota and that if any portion is held invalid, the remainder shall continue in full legal force and effect.

Participants Signature: _____ Date: _____

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