



2017 Tall Timber Days 5K

Saturday, August 5th

Race Day Registration 7:00am

Race Starts 8:00am

IRA Civic Center – 14th St. & Hwy 38

Grand Rapids, MN 55744

Entry Fee: \$25 – pre-registered runners
\$30 – on race day
\$ 5 – Special Dedication Race Bib - optional

Pre- registration ends Friday, August 4th at 5:00pm.

Race starts and ends at the IRA Civic Center. There will be 1 aid station on the course. A course map will be available at the YMCA.

There will be awards for the top 3 overall male and female competitors, and also the top male and female in each age group: 14& under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

Awards ceremony will be held at approximately 9:00am.

Race sponsored by the Itasca County Family YMCA.

Name: _____ LIVESTRONG Race Bib? _____

Address: _____

Phone: _____ Email: _____

Sex: _____ Birthdate: _____ Age On Race Day: _____

T-shirt Size: S M L XL XXL

Waiver: I herby, for myself, my heirs, executors agents and administrators waive and release any and all rights and claims for damages I may have against the Itasca County Family YMCA and Tall Timber Days Committee for any and all injuries which may be suffered by me in connection with my participation in the Tall Timber Days 5K run on August 5, 2017.

Signed: _____

(Signature of Parent or Guardian if under 18)

Online registration available at: www.active.com (\$30)

Bring or mail registration to Itasca County Family YMCA, 400 River Road Grand Rapids, MN 55744 phone: 218-327-1161

Proceeds from the race go to support **LIVESTRONG** at the Itasca County Family YMCA. **LIVESTRONG** at the Y is an individualized health program for cancer survivors that focuses on the health of the participant and not the disease.