14th Annual Warrior 5K Run/Walk

WHAT: Community-wide gathering for all ages – 5K Run/Walk and family mile
Presented by the ISD 197 Educational Foundation & the Two Rivers Student Council
WHERE: Two Rivers High School
DATE: September 30, 2023
TIME: Race starts at 9 AM / registration begins in the small gym at 8 AM

REGISTRATION – all paid registrations include a race t-shirt!

Register online: isd197foundation@isd197.org or scan the QR code
Register by mail: ISD. No. 197 Educational Foundation
c/o Steve Ashley, Treasurer, 1056 Douglas Road Mendota Heights, MN 55118

- Adults = $20 before Sept. 22 at 5 PM
- Students = $5 before Sept. 22 at 5 PM
- Under 6 years = Free, no t-shirt (strollers welcome!)

Race day registration: Adults = $25/ Students = $10

Warrior 5K Awards go to the top 3 male & female winners in each age category: 13 & under, 14-19, 20-49, and 50 & over

ONE FORM PER PARTICIPANT. ADDITIONAL FORMS AVAILABLE AT ISD197FOUNDATION.ORG

Name: ______________________________________________________________________
Email: __________________________________ Phone: _______________________________
Address: ___________________________________________________________________
Age on Race Day: ______________ Male or Female: _______________________________

RELEASE OF LIABILITY If you do not agree, do not participate in the race.
In consideration and exchange for allowing me to participate in the 5K race, I agree to ASSUME ALL RISKS OF INJURY inherent in running and racing. I AGREE NOT TO SUE ISD 197 and its employees and race organizers, ISD No. 197 Educational Foundation and its Board of Directors and I agree to HOLD HARMLESS AND RELEASE them for liability for NEGLIGENCE. This does not apply to claims for greater than ordinary negligence under Minn. Stat. 604.055. If the participant is a MINOR, I agree as the PARENT/LEGAL GUARDIAN to defend and indemnify ISD 197 and its employees and race organizers for their OWN NEGLIGENCE as to claims brought by the minor. I agree to the terms of this RELEASE on behalf of the minor participant and RELEASE on the minor’s behalf under Minn. Stat. 604.055.

Signature: _________________________ Parent’s Signature (if under 18): _______________________

Circle T-Shirt Size (Adult Sizes): XS S M L XL XXL or Youth Small Youth Medium

I cannot participate this year, but I would like to make a contribution of $__________ to the ISD 197 Educational Foundation.

The I.S.D. No. 197 Educational Foundation is a non-profit, 501(c)(3) organization, located in Mendota Heights, Minnesota. Warrior 5K proceeds will support educational opportunities for I.S.D. No. 197 students from Early Learning through Grade 12. For more information, please visit www.isd197foundation.org