

# L BLL 10<sup>th</sup> annual ROCK 'N RUN REGISTRATION

May 19, 2018 - Belle Prairie Athletic Complex – Little Falls (Pine Avenue)

ONLINE REGISTRATION: <http://lbell.today>

<b>FRIDAY, MAY 18:</b>	3:00-7:00 p.m. Registration & Race packet pick-up Belle Prairie Complex
<b>SATURDAY, MAY 19:</b>	7:00 a.m. Registration/Package pick-up at Belle Prairie Complex
	8:00 a.m. Inflatable games, bike rodeo& kids fun opens
	8:20 a.m. Lineup – Announcements –Stretch
	8:30 a.m. 5K & 10K race/walk start (Pine Avenue)
	10:00 a.m. 3K race start
	10:15 a.m. 1K KIDS race start



Each participant must complete and submit a registration form or online registration. **NO REFUNDS or bib number transfers.**

NAME: \_\_\_\_\_ Birthdate/Year (ie:01/05/74) \_\_\_\_\_

Gender: M F Address: \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

T-SHIRT SIZE (circle) : *T-shirts guaranteed to registered and paid participants only as long as supplies last.*

<u>ADULT</u>					<u>YOUTH</u>		
Small	Med	Large	XL	XXL	Small (6-8)	Med(10-12)	Lrg (14-16)

Email Form: [katebjorge@catholicealth.net](mailto:katebjorge@catholicealth.net)

Mail to: L BLL Rock 'n Run  
ATTN: Kate Bjorge  
808 Third Street S.E. Suite 309  
Little Falls, MN 56345

Race Selection \$20 = Student Rate/Any

\_\_\_\_ \$35 - 10K Run (6.2 mi)  
\_\_\_\_ \$30 - 5K Run/Walk (3.1 mi)  
\_\_\_\_ \$25 - 3K Race (1.86 mi)

**Run 4 Fun – RACE CHALLENGE (3 or more)**

**Sponsored by: Central MN Credit Union**

**RACE SERIES: Register for Rock 'n Run & two or more of the following races BY July 1:**

\_\_\_\_ River Rat 5K June 16 \_\_\_\_ Bowlus 5K July 1 \_\_\_\_ Royalton 5K Aug. 4 \_\_\_\_ Pierz HH 5K Aug. 25 \_\_\_\_ Trail Run Little Falls Sept. 15

Race hoodies will be awarded to registered **finishers** of three or more races at the final event September 15.

### Event Waiver & Photo Release:

I assume complete responsibility for any injury to me or damage to my property during the 2018 Rock 'n Run. I agree not to hold any persons or associations involved with the event, responsible for any injuries incurred. I also grant permission to Live Better Live Longer and CHI St. Gabriel's Health to use my name, information and photo taken while participating in the event. I understand that all fees paid towards the 2018 Rock 'n Run are non-refundable.

Participant's Signature  
(Parent or guardian signature if participant is under the age of 18)

Date