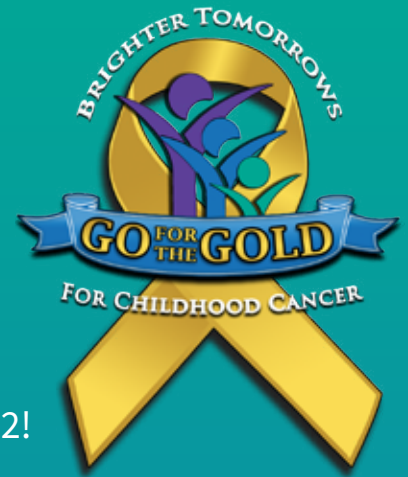


# Certified 5k Run, 3k Family Fun Walk, and Children's Races

Saturday, July 8, 2017  
Silver Lake, 7th St NE (Near the Pool)  
Rochester, MN



8:30 am: 5k Run - chip timed!  
8:35 am: 3k Family Fun Walk  
10:30 am: Children's Races (50, 100, 200, 400 meter) for ages 2 to 12!

*Enjoy food, drinks, family activities, awards, and a raffle for all kids race participants!*

## Compete as a Team!

*Add some fun to the 5K and sign up as a team to compete! Learn more at [GoforthetheGoldRochester.com](http://GoforthetheGoldRochester.com)*

## Fundraise as an Individual or as a Team and Win Great Prizes!

To get started visit: <http://www.firstgiving.com/brightertomorrows>



Register for the race today and  
take your photo with Star Wars characters  
from the 501<sup>st</sup> Legion Central Garrison!



Hear personal stories of children conquering cancer together and enter the kids races to win a variety of prizes! Proceeds from this event will benefit the continued efforts of Brighter Tomorrows, a local non-profit organization founded in 2007, serving as an outreach to families touched by childhood cancer. If you walk or run, you will be helping to give these kids and their families Brighter Tomorrows. Learn more at: [BrighterTomorrowsHope.org](http://BrighterTomorrowsHope.org)!

**For Online registration  
[goforthethegoldrochester.com](http://goforthethegoldrochester.com)**



### Race Kit Pickup

Night Before Race  
Friday, July 7, 5 - 7:00 pm  
The Running Room  
711 South Broadway  
Rochester, MN 55904

### FEE

\$25 Pre-register Adult (Through June 18)  
\$30 Day of Race Adult and after June 18  
\$12 Pre-register Youth ages 2-12 (Through June 18)  
\$15 Youth ages 2-12 Day of Race and after June 18  
\$15 Seniors ages 65 and older

### Day of Race

Saturday July 8, 7-10:15 am  
Silver Lake Pool, 7th St NE  
Rochester, MN 55906

### Race Shirts

Pre-registered participants will receive a race shirt\*  
Day of Race participants will receive a race shirt *while supplies last*  
Adult Unisex sizes: XS, S, M, L, XL, XXL, XXXL  
Youth sizes: S, M, L

*Awards to the top 3 5k male and female runners overall and the top 3 in each age group:  
10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Children's Races (50, 100, 200, 400 meter) for categorized ages from 2-12 years of age*

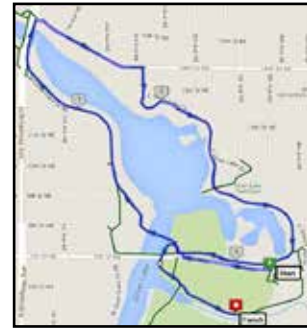
*\*We will do our best to match sizes, but cannot guarantee*

### Routes

5k Run



3k Walk



### Waiver

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Rochester, the County of Olmsted, Brighter Tomorrows and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that the route may be changed or the race canceled should adverse weather conditions arise.

Which event will you be participating in:  3k Walk  5k Run  Children's Race

I would like to make a donation but will NOT be participating on race day. Donation Amount \$ \_\_\_\_\_



Name \_\_\_\_\_

Please Check One:  Male  Female

Address \_\_\_\_\_

Age on race day \_\_\_\_\_ Birthdate: \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature of parent/guardian if less than 18 years old \_\_\_\_\_ Date \_\_\_\_\_

T-Shirt: Please check one size Adult (unisex):  XS  S  M  L  XL  XXL  XXXL  
Youth Sizes:  S  M  L

**Mail Form and Donation To:**  
Go For the Gold  
PO Box 126  
Rochester, MN 55903



For questions contact G4TG at mary17race@charter.net