

12TH ANNUAL PUMPKIN RUN & WALK

presented by Fond du Lac Tribal and Community College

5 Kilometers (3.1 miles)

10:00 a.m. • Saturday, October 21, 2017



Location: Fond du Lac Tribal and Community College, 2101 14th Street, Cloquet

Registration: By mail in advance or on day of race (8:30 a.m. to 9:30 a.m.)
Mail completed entry form or deliver by October 16 to: **Pumpkin Run,
Fond du Lac Tribal and Community College, 2101 14th Street, Cloquet, MN 55720.**
Online registration available at www.zapevent.com

Entry fee: Preregistered received or postmarked by October 16, \$15.00;
after October 16 and on race morning, \$20.00.

**Preregistered school-age and college students received by October 16, \$12.00;
after October 16, \$20.00.**

Fee includes long-sleeve finisher t-shirt, professional chip timing, and refreshments at the finish. Entry fees are non-refundable. Please pre-register as it helps race organizers prepare and it saves money for both you and the event organizers! We have one of the lowest race registration fees to encourage physical activity. **Race is limited to 400 participants.**

Course: The course starts and finishes at Fond du Lac Tribal and Community College. **Race course is certified by USA Track & Field and meets all measurement standards. (Certification #MN-11036- RR).** Essentially flat, the course features a fast downhill stretch with a return trip up the same hill. Mile markers will be posted and traffic control measures will be in place. No water stops on the course, but water will be available at the start and finish area of the race.

Sorry, no strollers, roller skates, skateboards, baby joggers, bicycles, or pets are allowed on the race course. This will be enforced on race day morning and anyone found violating this rule will be asked to leave the race course.

Costumes: To celebrate the theme of the race, participants are encouraged (but certainly not required) to wear Halloween costumes or wear orange clothing. Prizes will be given for the best costumes. It's fun to wear orange!

Awards: Top three overall male and female finishers; Age group awards to top male and female in each of the following age groups: **14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+; Top male and female FDLTCC student (must be pre-registered); Best Costume.**

Amenities: Indoor facilities and warm gathering areas before and after the race, healthy refreshments after the race, plenty of free parking in campus lots, door prize drawings.

Results: Will be posted on the college website at www.fdlfcc.edu and at www.gopherstateevents.com after the event.



2017 Pumpkin Run Entry Form

Name _____

Street Address _____

City _____ State _____ Zip _____

Male Female Birthdate _____ Age on race day _____

Telephone _____ Email _____

I am a current FDLTCC student (check box)

T-shirt size: small medium large extra-large

Risk Assumption and Liability Release Waiver: I understand that the Pumpkin Run & Walk is a recreational activity and that my participation in it is voluntary and carries with it certain risks. I appreciate and assume these risks and any other risk which I have knowledge of, appreciate and accept, and I acknowledge that I am solely responsible for my physical and mental fitness, and that I am sufficiently trained to participate.

I agree to release, hold harmless, and covenant not to sue Fond du Lac Tribal and Community College, Minnesota State, their employees, agents, assigns, sponsors, municipalities or any volunteer, participant, or spectator of the Pumpkin Run & Walk for any claim of ordinary negligence arising out of my participation. I understand that this release, hold harmless, and covenant not to sue is limited to claims for ordinary negligence and in no way shall be construed to release claims for conduct that constitutes greater than ordinary negligence, conduct that constitutes reckless or grossly negligent conduct, or willful, wanton or intentional acts, or claims I may have that are beyond simple negligence.

I understand that the use of strollers, roller skates, skateboards, baby joggers, bicycles, or pets are NOT ALLOWED on the race course. I agree to not use any of these items and understand that if I violate this rule I will be removed from the race course and disqualified from the race.

I give permission to FDLTCC to use my name, image, likeness or any other record of my participation in the Pumpkin Run & Walk for any promotional purposes without obligation or liability to me.

Signature _____ Date _____

Parent/Guardian signature *if participant is under 18* _____ Date _____

REGISTRATION FEES

\$15 before October 16, 2017

\$12 student
before October 16, 2017

\$20 everyone
after October 16, 2017

Total enclosed

Mail or deliver to:

**Pumpkin Run
Fond du Lac Tribal and
Community College
2101 14th Street
Cloquet, MN 55720**

Make checks payable to:

**Fond du Lac Tribal and
Community College**