

Riverblast 5k walk/run



Saturday, Sept. 3, 2011

- Race starts at 9 a.m. at Riverside Park (Center and Front Streets)
- \$17 fee if registered by Aug. 30 (\$23 after Aug. 30)
- Medals awarded to top finishers in age/gender categories
- T-shirts will be given for all participants registered by September 1
- Post-race snacks include a heart-healthy snack from McDonalds and Subway
- This course includes some unpaved trails
- Packet pickup is from 7 to 8:30 a.m. the morning of the race at Riverside Park

To find out more visit www.riverblast.org or www.heartsbeatback.org

Co-sponsored by:



THE HEART OF NEW ULM PROJECT



2011 Riverblast Registration Form - Saturday, Sept. 3

Mail registration form and check to: (checks payable to New Ulm Area Sport Fishermen or NUASF)

Heart of New Ulm, 1324 Fifth North Street, New Ulm, MN 56073

Last Name: _____ First Name: _____ Age (as of 9/3/11): _____ Sex: _____

Street Address _____ City _____ State _____ Zip Code _____

Telephone: (____) _____ Email: _____

Adult t-shirt size (circle one): S M L XL XXL Child's t-shirt size (circle one): S M L XL

WAIVER: I hereby absolve myself, my heirs, executors, and administrators, forever, of any and all rights and claims I may accrue against the City of New Ulm, Riverblast, any other sponsors, race officials, of any and all injuries suffered by me while participating in the road race or walk. I further hereby certify that I am physically fit to run the race for which I am entered Sept. 3, 2011. If I am under 18 years of age, my parent or guardian has signed the waiver.

Signature: _____ Date: _____