

# **RUNNING RAPTORS**

## **Distance Club**



### **Summer 2015**

**This running club will meet at East Ridge Tennis Pavilion. We will run our route from 8:30-9:30am on most Mondays, Wednesdays and Fridays during the first part of summer. We will talk about running form and some strategy but it will be a casual group with the purpose of focusing on getting some base miles in and to get you started for summer running. The cost is \$40 for the club (the general public preregistration is \$30 for the race and race day cost for Sunfish Trail Run 5K is \$40—if others would like to just run the race with us, please go to [FrontRunnerusa.com](http://FrontRunnerusa.com)). If you're not available to run the race but would still like to run with us, the cost is \$20). (No-Contact Period for coaches-7/4- -7/10 some runs may be student led.**

**More info on the race:**

**<http://www.frontrunnerusa.com/event/sunfish-trail-run-5k>**

**The location** - Sunfish Park provides a beautiful setting for quality recreation next to the City of Lake Elmo

**The \$40 cost includes a “RUNNING RAPTORS Distance Club” tech shirt and an entry to the Sunfish Trail Run 5K race, which is a cross-country style trail race on Sun. July 12th (the race also includes a race shirt). The entry form and check should be sent to East Ridge Cross Country PSO. Please don't send any student forms to Frontrunner. I will send them together.**

**We hope to see you there!**

**Please contact Coach Cronin for details:**

**[ccronin@sowashco.k12.mn.us](mailto:ccronin@sowashco.k12.mn.us)**

# **RUNNING RAPTORS**

## **Distance Club**

**When:** We will run our route from 8:30-9:30am on some Mondays, Wednesdays and Fridays during the first part of summer

**Why:** For the purpose of focusing on getting some base miles in and to get you started for summer running.

**Where:** East Ridge Tennis Pavilion

**Cost:** \$40

**East Ridge Cross Country Boosters**

**Please fill out both forms. Please include just one check for \$40. The cost includes the race registration—however fill out the 5K form DO NOT SEND THE RACE FORM IN TO FRONTRUNNER. Please return both forms and the \$40 check to Coach Cronin. Once we've entered our team in the race, ordered our Raptor Summer shirts (tech shirts) the money is nonrefundable.**

**-Please bring your forms and check to the first run on Wednesday, June 10<sup>th</sup>.**

**Name** \_\_\_\_\_ **Grade you will enter in Fall** \_\_\_\_\_

**Running Raptor Shirt SIZE: S M L XL**

**Address** \_\_\_\_\_

**Emergency Phone numbers** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Participant Signature** \_\_\_\_\_

**WAIVER.** In consideration of my son/daughter's acceptance of entry and participation in running club events, I and my executors, administrators and assignees do hereby release and discharge East Ridge High School, ISD #833, and all coaches, advisors, sponsors and associates from claims of damages, actions whatsoever, and negligence in any manner arising or growing out of my participation in said running club events. Knowingly and at my own risk I do hereby apply to enter my child into these athletic contests. I attest and verify that I have full knowledge of the risks involved in the event and that my child is physically fit and sufficiently trained to participate in these events.

Sunfish Lake Trail 5K



When: Sunday, July 12th  
Where: Sunfish Park in Lake Elmo, MN See website  
for map/directions (frontrunnerusa.com)

**FRONT**RUNNER

**Name** \_\_\_\_\_ **birthdate** \_\_\_\_\_  
**Address** \_\_\_\_\_ **Zip** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_  
**Age** \_\_\_\_\_ **Gender** \_\_\_\_\_ **T Shirt Size** **S M L XL**  
**Age Group** \_\_\_\_\_ **Clydesdale** \_\_\_\_\_ **Athena** \_\_\_\_\_  
**Email Address** \_\_\_\_\_

**5K Entry Fee:**

Through July 10= \$30 July 11<sup>th</sup> and race day= \$40

**WAIVER. I am properly trained and enter this race totally at my own risk and hereby waive all claims that I or my heirs may have against all sponsors, race directors and all others associated with this race, for any injuries or problems I may sustain, regardless of any negligence. I am totally responsible for my safety and any injury I may suffer.. Further, I hereby grant full permission to any and all of the foregoing to use my name, likeness and voice, as well as any photographs, videotape, motion pictures, recordings and any other record of this event in which I may appear for any legitimate purpose including broadcast of the event, the reuse in any media of this broadcast and in advertising and promotion.**

**Signature** \_\_\_\_\_

**Mail entry fee to  
FrontRunner  
1665 9th Street,  
White Bear Lake, MN 55110  
(651)653-7401**