

Registration Form



5th Annual Joint Jaunt

USATF Certified Race

promoting orthopedic health



Saturday, August 17, 2013

Race Start Times 5K/10K Run and Walk — 8 a.m. Kids Dash — 7:40 a.m.

Address Lake Harriet, 4200 Lake Harriet Pkwy, Minneapolis

Fees \$30 5K/10K Run or Walk (Fee is \$35 race day); \$5 Kids' Dash

Registration Closing Dates

- Mailed registration forms must be postmarked by Saturday, August 10, 2013
- On-line registration at www.active.com by Wednesday, August 14, 2013 (\$35 fee after 8/14/13)

Race Day Registration

Race day registration is from 7-8 a.m. for the 5K and 10K and 7-7:30 a.m. for the Kids' Dash

We recommend coming one half hour before your race.

Awards 9:30 a.m. Awards will be given to the top male and female in 10 year age categories in both the 5K and 10K.

For more information www.jointjaunt.org

Form a Team An Official Team is a group of 5 or more family, friends, co-workers, classmates, athletes or anyone else you can recruit. Team members can be a combination of walkers, runners and kids. Be creative and make your team really stand out. Download team information at www.jointjaunt.org or call us at 952-512-5615 to have information mailed to you.

Donate! Support an individual or team participating in this event or make a donation directly to help us improve bone, joint and muscle health in the Twin Cities. You can also donate by going to www.jointjaunt.org and click on the Donate Now link.

Sponsor Be a part of this high profile community event. Sponsors have a number of ways to participate, either with dollars or in-kind services or products. Count us at 952-512-5615 to learn more.

Volunteer It takes hundreds of people to help make this event a success. If you or a group would like to help, please contact us at the TCO Foundation at 952-512-5615

Share Your Story How has your life been changed by orthopedic treatment? Can you chase your grandchildren again? Are you back to playing tennis with friends? Are you competing in a 5K — like the Joint Jaunt? We would love to share your story with others by posting them on our website, at the event and more.

Check this box if you want to share your story; the TCO foundation will contact you. Please include either your e-mail or phone number on your registration.

Return this form and payment by August 9, 2013

Entry Fees increase \$5 after August 14, 2013

Mail to: Twin Cities Orthopedics Foundation
4010 West 65th Street, Edina MN 55435

Checks should be made payable to: TCO Foundation

- 5K Run \$30.00 10K Run \$30.00
 5K Walk \$30.00 Kids' Dash (Age 10 + under) \$5.00

Fee enclosed: \$ _____

I would like to donate \$ _____

Total \$ _____

Indicate team name below if donating to a team.

First Name/Middle Initial/ Last Name

Street Address

City / State / Zip

E-mail

Birth date (mm/dd/yyyy) Age on race day

Team Name (If participating on or donating to a team)

T-shirt Size: Mens S M L XL XXL
Womens S M L XL XXL

5K Participants will receive a special gift.

WAIVER AND RELEASE: Read This! I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run/walk. I assume all risks associated with participating in this event, including but not limited to, falls, contact with other participants, the effects of weather, including extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Twin Cities Orthopedics Foundation, the City of Minneapolis, and any and all persons, sponsors and entities. Their representatives and successors from all doings or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Parents must sign if participate is under 18 years of age. This is to verify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment.

Signature

Date

Entry fees are not tax deductible and are non-refundable. Donations are tax deductible to the full extent the law allows.