

Stride for Seniors



SATURDAY, JUNE 1, 2024 | 9 A.M.

Lake Harriet Bandshell or Virtually

Please only complete one form per participant

Registration Fees:

(February 28th – April 1st): Early Bird Pricing

5k In Person or Virtual: \$40 (includes a free t-shirt and socks)

10k In Person or Virtual: \$45 (includes a free t-shirt and socks)

(April 2nd – May 31st)

5k in person or virtual: \$45 (includes a free t-shirt and socks)

10k in person or virtual: \$50 (includes a free t-shirt and socks)

(June 1st): Race Day

5k In Person: \$50 (includes a free t-shirt and socks)

10k In Person: \$55 (includes a free t-shirt and socks)

Participation Options:

5k In Person 5k Virtual T-Shirt & Socks Only (\$15 Youth, \$25 Adult)

10k In Person 10k Virtual

Questions? Contact Deena Oberlander for available promo codes at
doberlander@walkermethodist.org or 612-827-8541

Registration Form – 2024 Walker Methodist 5k/10k Stride for Seniors

First Name: _____ Last Name: _____

Date of Birth: _____ Gender: _____ Phone: _____

Address: _____ City: _____

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State: _____ Zip: _____ Email: _____

Housing Community: _____

T-shirt Size (Youth XS-L, Unisex S-XXXL): _____ Sock Size (M, L, XL): _____

Please circle one:

5k In Person 5k Virtual T-shirt & Socks Only

10k In Person 10k Virtual

Payment:

Cash Check Credit Card

Credit Card Payment:

Name on card: _____

Card Number: _____

Billing Address: _____

Send registration and payment to: Walker Methodist Foundation | 11055 Wayzata Blvd. Suite 200 | Minnetonka | MN 55305

Waiver: I understand that participating in this event is a potentially dangerous activity. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event against the organizers, sponsors, promoters, municipalities, volunteers, and officials of these organizations. I grant full permission for the organizer to use photographs of me in legitimate accounts of the event. In the event the race is shortened or cancelled, all entry fees are nonrefundable. * Each participant receives a high-quality, unisex, t-shirt. Due to ordering deadlines, we cannot guarantee you will receive your requested shirt size unless you register by 4/12/2024*

Signature _____ **Co-Signature** _____

Co-Signature required by parent or guardian if registrant is under 18 years of age.