



The 2010 Tumble Down the Trail 5/10k run is hosted by the North Crest Gymnastics Booster Club. The North Crest Gymnastics Booster Club is a non-profit organization that supports the North Crest Competitive Gymnastics Team. This event will take advantage of the great running paths and roads in Sartell, MN beginning and finishing at Gold's Gym on Pinecone Road.

**Gold's Gym
St. Cloud
Saturday September 11th**

**Event Schedule:
8:30am Kids 1k fun run
9:15am 5 & 10K races**

Kids 1k \$ 5.00

5K – prior to 8/11 - \$15.00 after 8/11- \$20

10K – prior to 8/11 - \$20.00 after 8/11- \$25.00

Register on-line at: www.midwestevents.com or Contact Information:

Sue Boschee sboschee@charter.net and Kim Molitor kmolitor@charter.net

Registration Form

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Gender: (M/F) _____
 Birthday: _____
 Age on Race Day: _____

Event: (circle one)

5K 10K 1K Kids Run

***Shirt Size: (5/10k only)**

Adult:

S M L XL

*T-shirts guaranteed to pre-registered participants. T-shirts to late registrants while supplies last.

**Additional Information:
centralmntriathlon.com**

Pre-registration deadline is

September 6th. Race day registration begins at 7:15 and ends at 8:00am

Waiver: Knowingly and at my own risk I enter the Tumble Down the Trail 5/10K and 1K kids run. I or my parent/guardian hereby waive and release any and all claims for damages I my incur as a result of participation in this event, including the North Crest Athletic Association, it's volunteers and sponsors for said injuries.

Signature of Participant*

Date: _____

*Parent/Guardian if participant is under 18

Send Registration Form to:

NCAA

1009 Industrial Drive South

Sauk Rapids, MN 56379 (Checks to NCAA)