



# 2010 GIANT'S VALLEY 5K RUN/WALK & YOUTH 1/2 MILE RUN "the Sprout Route"

**Saturday, July 31st**  
**5k Run and Walk 8:00 am**  
**1/2 Mile Youth Run 9:00 am**  
 (Award ceremony immediately following race.)

**5K RUN/WALK**  
 Kick off day two of Le Sueur's "Giant Celebration" as you cruise five Kilometers on this beautiful and challenging route. This certified course is perfect for the serious competitor or those just out to have some morning fun. Run or Walk to the finish line! **Race starts at 8:00 am SHARP!**  
**5K AGE CATEGORIES:**  
 15 & under, 16 to 19, 20 to 29, 30 to 39, 40 to 49 and 50 plus  
**1/2 MILE YOUTH RUN**  
 The 1/2 Mile Run is open to Boys and Girls 12 and under.  
**1/2 MILE/SPROUT ROUTE AGE CATEGORIES:**  
 7 & under, 8 to 9, and 10 to 12

**ON RACE DAY**  
 Participants must report to the Le Sueur Community Center Gymnasium (821 East Ferry Street) at least 30 minutes prior to their race to pick up t-shirts and race numbers.  
**QUESTIONS???**  
 Contact the Le Sueur Community Center at 507-665-3325 or email: [lwilbright@cityoflesueur.com](mailto:lwilbright@cityoflesueur.com)

**ENTRY FEE:**  
 5K Walk/Run \$15 before July 19, \$18 thereafter  
 1/2 Mile Run \$8 before July 19, \$11 thereafter  
**T-SHIRTS:** Those registered before the deadline will be guaranteed a t-shirt. Registering late or the day of the race will NOT guarantee a t-shirt for you.  
 SAVE \$5.00 on entry fee when declining t-shirt  
**PRIZES:** 5K Run: Medals will be awarded to the top 3 male and top 3 female finishers in each of the age categories.

**You can now register online at [http://www.cityoflesueur.com/comm\\_center](http://www.cityoflesueur.com/comm_center)**  
 When registering online, you must still complete the registration form and mail to the Le Sueur Community Center at the address listed below.

Mail or drop off registration and entry fee to:  
 Le Sueur Community Center  
 821 East Ferry Street  
 PO Box 176  
 Le Sueur, MN 56058-0176  
 Phone: 507-665-3325 Fax: 507-665-2367

**All Participants must return the signed liability waiver ▶▶▶**

**Liability Waiver:** Knowingly and at my own risk, I do hereby apply to enter an athletic contest. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I hereby release and discharge any and all sponsoring organizations or agencies, officials, employees, officers or agents of the above from all claims, demands, injury damages, actions or causes of action and from all acts of active or passive negligence on the part of such corporations, organizations, their servants, agents or employees.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ M or F (circle one)  
 Race entered: 5K \_\_\_\_\_ 1/2 Mile \_\_\_\_\_  
 Request t-shirt: Yes or No (circle one)  
 (Save \$5.00 on entry fee when declining t-shirt)  
 Shirt size: YOUTH: S M L ADULT: S M L XL XXL

**To be completed by Community Center Office Staff**  
 Payment amount: \$ \_\_\_\_\_ Race: \_\_\_\_\_  
 Cash \_\_\_ Check# \_\_\_\_\_ Credit Card \_\_\_\_\_

To receive race results via text message please include:  
 Cell Phone#: \_\_\_\_\_ Cell Phone Carrier: \_\_\_\_\_  
 Neither Wayzata Results or Giant Race is responsible for any texting charges.