

Run Mountain Lake

Mountain Lake Road Race Entry Form 2019

One form per entrant please. Copies may be made for multiple entrants.



Name _____

Address _____

City _____

State _____ Zip _____

email _____

phone _____

Race Entered
(check one)

4 mile

The Mountain Lake Mile

Kids' race

Fitness walk

Age on 6/16/19

Gender (M/F)

Choose Registration

Pre-registration

On or before June 11 - \$15

Registration

After June 11 - \$20

Sign and send completed entry form to:

Mike Nelson, 617 6th Avenue, Mountain Lake, MN 56159

Knowingly and at my risk, I hereby apply to enter an athletic contest and do hereby waive and release any and all claims for damages that I may incur as a direct or indirect result of my participation in this event against the Mountain Lake Track Club, the City of Mountain Lake, the Mountain Lake Department of Parks and Recreation, Mountain Lake Community Education, Minnesota Distance Running Association, or any employee or elected official of these organizations for said injuries.

Signature (Parent or guardian if under 18)