

2010

Shrapnel Happens 5K

RUN/WALK



SEMPER FI

FUND

Veterans Memorial Park
Richfield, MN
Saturday, November 6
9 AM Start

November 6th 9 AM - 5K ENTRY FEE: \$25 pre-registered/\$30 race day

This is a paved 5k course that circles the beautiful Veterans Memorial Park; Starts near Pavilion, Finishes near Charles Lindbergh Statue.

Proceeds to benefit the Semper Fi Fund (SFF), a nonprofit providing financial assistance and quality of life solutions to:

- Marines and Sailors as well as members of the Army, Air Force and Coast Guard who have served in support of Marine forces, when they become injured in post 9-11 combat or training, and their families
 - Help defray the expenses incurred during hospitalization, rehabilitation and recovery
 - Assist with the expenses associated with the purchase of specialized equipment, adaptive vehicles and home modifications
 - Educate the public about the special needs of our wounded service members and their families
- SFF has provided assistance to over 4,000 service members

Learn more about the SFF at <http://www.semperfifund.org/>

Race Registration & Info: <http://shrapnelhappens.zapevent.com>, 651-890-2277, krisgerber@yahoo.com

Return this Registration to: Marine Corps Coordinating Council of Minnesota, 5312 Bloomington Ave, Minneapolis, MN 55417

Shrapnel Happens 5k Run/Walk

\$25 pre-registered (\$30 Race Day) \$ _____

Shirt Size: XS ___ S ___ M ___ L ___ XL ___ add \$3 for XXL _____

Thank You! For an added tax-deductible donation \$5, \$15, \$25 or more supporting the IMSFF \$___ TOTAL = _____

Name _____ Sex ___ Age ___ Birthday ___/___/___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Injured Marine Semper Fi Fund, Charities Challenge, Marine Corps Coordinating Council of Minnesota, the City of Richfield, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose. I agree to abide by road race etiquette and safety rules for safe racing by not bringing onto the course during the races any leashed or unleashed pets/animals.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)