



**Hugo's Potato Bowl 8k
Hugo's Tater Tot Trot 1 Mile
Registration 2009**

Saturday, October 10th, 2009

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What: Hugo's Potato Bowl 8K (4.97 miles of FUN!) and Hugo's Tater Tot Trot 1 Mile Run (Ages 7 to 13 eligible).

When: Saturday, October 10th. Hugo's Tater Tot Trot begins at 8am. Hugo's Potato Bowl 8K begins at 8:30am. Registration and packet pick-up begins at 6:30am in the Riverside Park Warming House, Park Avenue and Lewis Blvd, Grand Forks, ND 58201

Course: Begins on the bike path in Riverside Park, then on the Grand Forks/ East Grand Forks Greenway (bike trail).

Amenities: T-shirt (guaranteed for all pre-registered participants), door prizes, post race food and beverage provided by Hugo's Family Marketplace.

Entry Fee: Early Bird fee for the Hugo's Potato Bowl 8K is \$15. After September 30th is \$18. Fee for the Tater Tot Trot 1 mile is \$5. After September 30th is \$8.

Awards: Top 3 overall males and top 3 overall females for Hugo's Potato Bowl 8k. Top 3 finishers for ages 7 to 10, and Top 3 finishers for ages 11 to 13.

Door prizes: By donating \$5 to the East Grand Forks Food Shelf (check the box below) OR if you bring a non-perishable food item to the race, you will be eligible for door prizes. Please consider people and families in need.

Contact: Julie at 701-739-5486 OR jkirkeby@centercourtfitnessclub.com

**Hugo's Potato Bowl 8k / Hugo's Tater Tot Trot 1 mile Registration Form
October 10th, 2009**

**Each participant must fill out a separate registration form.*

Name _____ Age on 10/10/09 _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Email address _____
 Home phone _____

Adult sizes (circle): S M L XL XXL
 Child sizes (circle): S (6-8) M (10-12) L (14-16)

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including low temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the City of Grand Forks, The City of East Grand Forks, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Signature _____ Parent's Signature if under 18 _____
 Date _____

° 8K	
By 9-30-09	\$15 _____
After 9-30-09	\$18 _____
° 1 Mile Run (age 7-13)	
By 9-30-09	\$5 _____
After 9-30-09	\$8 _____
° EGF Food Shelf	\$5 _____
TOTAL	\$ _____
Make Checks Payable to:	
Potato Bowl 8K	
Mail to:	
Center Court Fitness Club	
P.O. Box 12429	
Grand Forks, ND 58208-	