



**Hugo's Potato Bowl 8k
Hugo's Tater Tot Trot 1 Mile
Registration 2011**

Friday, September 23rd, 2011

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WHAT: Hugo's Potato Bowl 8K (4.97 miles of FUN!) and Hugo's 1 Mile Tater Tot Family Fun Run.

WHEN: Friday, September 23rd. Hugo's 1 Mile Tater Tot Trot Family Fun Run begins at 6:00 pm. Hugo's Potato Bowl 8K begins at 6:30pm. Registration and packet pick-up begins at 4:00pm in the Riverside Park Warming House. Located off Gateway Drive - Park Avenue and Lewis Blvd, Grand Forks, ND 58201

COURSE: Scenic route through Riverside Park. Begins on the bike path and loops around through Grand Forks/ East Grand Forks Greenway (bike trail).

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

ENTRY FEE: Early Bird fee for the Hugo's Potato Bowl 8K is \$18. After September 8th is \$20. Fee for the Tater Tot Trot 1 mile is \$8. After September 8th is \$10.

AWARDS: Medals will be awarded to the 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 and Top 3 finishers for ages 14 to 17 in the Tater Tot Trot. Participation ribbons for all kids.

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

**Hugo's Potato Bowl 8k / Hugo's 1 Mile Family Fun Run Registration Form
Friday, September 23rd, 2011**

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

Name _____ Age on 9/23/11 _____ 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.

° 8K	
By 9-8-11	\$18 _____
After 9-8-11	\$20 _____
° 1 Mile Run (age 7-13)	
By 9-8-11	\$8 _____
After 9-8-11	\$10 _____
° EGF Food Shelf Donation	\$5 _____
TOTAL	\$ _____

Make Checks Payable to:
Potato Bowl 8K
Mail to:
Center Court Fitness Club
P.O. Box 12429
Grand Forks, ND 58208-2429

Signature _____ Parent's Signature if under 18 _____

Date _____