



# THE TWENTY FIRST **BRIAN KRAFT MEMORIAL**

## **5K RUN** ★ ★ **WALK** ★

**8:30 AM**  
**MEMORIAL DAY**  
**MONDAY, MAY 28**  
**LK. NOKOMIS, MPLS**

**Benefitting the  
Arnold S. Leonard  
Cancer Research Fund**

A flat and fast USATF certified 5k around beautiful Lake Nokomis in South Minneapolis.

**LOCATION:**

Near the Lake Nokomis Community Center  
2401 East Minnehaha Parkway,  
Minneapolis – North end of Lake Nokomis

**QUESTIONS?**

Contact Craig Yotter at office@usatfmn.org  
or 651-686-8447

**AGE GROUP AWARDS:**

Male and female: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up. Awards presented after the race.

**PRE-REGISTRATION:**

Post marked by May 21 or online by May 26: \$28  
(\$25 for USATF Members)

**RACE DAY REGISTRATION:**

7:30-8:15 AM  
\$35 – No discounts on Race Day

**REGISTER ONLINE:**

**www.SignMeUp.com/BrianKraftMemorial**  
*Online registration closes on May 26 at 6:00 PM*

Or mail the attached form by May 21 to:

**Brian Kraft Memorial 5K**  
**960 Douglas Rd., Mendota Heights, MN 55118**

*Make checks payable to "USATF Minnesota"*

**EARLY PACKET PICK UP:**

Avoid lines on race morning.  
Pre-Register and pick up your shirt and bib number during  
regular store hours: Thursday-Sunday, May 24-27.

**The Lakes Running Company - Calhoun Village**

3252 W. Lake St., Minneapolis, MN 55416  
**www.LakesRun.com**

*Special Discounts for all participants. Just show your  
bib number at checkout! Offer good May 24-28.*



# ENTRY FORM - BRIAN KRAFT MEMORIAL 5K

Last name \_\_\_\_\_ First name \_\_\_\_\_ Age on \_\_\_\_\_ Sex \_\_\_\_\_  
Birth date \_\_\_\_\_ Area code \_\_\_\_\_ Telephone \_\_\_\_\_ Shirt size \_\_\_\_\_  
Mo Day Year S M L XL  
Street address (include apartment number and/or c/o) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip/postal code \_\_\_\_\_

email address \_\_\_\_\_ @ \_\_\_\_\_

2018 USATF number (join online at [www.usatf.org](http://www.usatf.org)) \_\_\_\_\_

USATF-registered team name \_\_\_\_\_

I have also enclosed a donation of \$ \_\_\_\_\_ for the Arnold S. Leonard Cancer Research Fund.

### PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Event Name: Brian Kraft Memorial 5K Run/Walk Event Date(s): May 28, 2018  
Event Location: Lake Nokomis, Minneapolis, Minnesota Sanction #: 18-30-028

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signature of Participant (parent or guardian if participant is under 18 years old)

Date