

Rondo

1360 University Avenue #140, Saint Paul, MN 55104



Avenue Inc.

Hotline: 651.459.1078 www.rondodays.com

Dear 5K Walk & Run Participants:

On behalf of the Board of Directors of Rondo Avenue Inc., We would like to again extend an invitation to you, to join us as we celebrate the **27th Anniversary of the 5K Walk & Run Rondo Days Parade/Festival and Drill Team Competition on Saturday, July 17, 2010.** This year's theme for this 27th Anniversary is:

RONDO: HEALTHY LIFESTYLE 365

Bike, Walk, Run, Roll, Recycle

This year's theme focuses on the community as a whole. We are **RE-FRAMING** how we as a community think about our beloved Rondo Community. Each year when we talk about the Rondo community, images of a lost, broken and devastated community appear in the news, are discussed on the radio, and re-appear in our hearts and minds.

Well it's time to **CELEBRATE** our community and the Rondo Lifestyle. The **RONDO HEALTHY LIFESTYLE** is something we live everyday. It is strong and vibrant. It celebrates the diversity and strengths of its people, and continues to educate it's people on making healthy lifestyle choices for its physical, mental, social and spiritual well being.

The 5K Walk & Run route runs throughout the historic Rondo community. All age groups are welcome to participate. Participants will receive a Rondo/Inner City Athletics T-Shirt. And as a contribution to the community, we ask all runners to **bring a non perishable food item**, to be donated to local community food shelves.

If you are interested in participating in the Rondo 5K Walk & Run, please complete the attached form and enclose your registration fee. For more information please contact the Rondo Hotline at 651-459-1078.

Good luck and we look forward to hearing from you in the near future.

Sincerely,

Rondo Avenue Inc,
Board of Directors

Rondo

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5K Walk & Run Registration

5K WALK & RUN PARTICIPANTS:

- ❖ Please complete all lines. Use "N/A" to indicate information is not available or not applicable.
- ❖ Registration up to the day of the Run
- ❖ Mail completed application **Rondo Avenue, Inc., 1360 University Avenue #140, Saint Paul, MN 55104**

\$20.00 Adults \$10.00 Youth \$25.00 Late Registrations

First Name: _____

Last Name _____

Address: _____

City: _____

State: _____

Zip: _____

Day Phone: _____

Eve. Phone: _____

E-mail: _____

Fax _____

Type of entry: \$10.00 Youth \$20.00 Adult \$25.00 Late Registration

T-Shirt Size Small Medium Large X-Large XX-Large

Check Age: 19 Under 20-29 30-39 40-49 50+

LIABILITY WAIVER: On behalf of myself and any other person(s) upon whose behalf this form is now signed, I expressly understand and agree that neither the sponsors or promoters of the Rondo Days 5K Walk & Run and their officers, agents, volunteers, assistants, or employees shall be held responsible nor subject to any claim seeking to assess damages or establish liability for or arising from personal injury, property damage, loss of any other sort as a result of actual or proposed participation in the event or club for which I am now registering, and hereby agree to indemnify and hold the sponsors or promoters, their officers, agents, volunteers, assistants or employees harmless on account of any such personal injury or property damage of loss as aforesaid. I have been warned I must be in good health to practice in this event.

PERMISSION TO USE PHOTOGRAPHS: On behalf of myself and any other person(s) upon whose behalf this form is now signed, I hereby grant full and unrestricted permission to the sponsors and promoters for the Rondo Days 5K Walk & Run, the use of my name and picture in any broadcast, telecast or print media account of this event.

Upon my signature hereon, I acknowledge that I have read and understand this liability waiver and permission to use photographs, and have freely and voluntarily signed this document on the date hereinafter set forth.

Signature: _____

Date: _____

Signature Parent or Guardian If under the age of 18: _____

Date: _____

Rondo/ICAA Staff Only:	Date App. Received	Date Payment Received	Assigned 5K Participant No.#
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