

We are all given a chance to do amazing in this life, what will you do with your chance?  
**Manual Form for In-Person 5K, Virtual 5K and theMARATHON**

**When:** In Person - Saturday, October 17, 2020  
Virtual - goes from 10/1-11/1



**When:** Virtual - goes from 10/1-11/1



**REGISTRATION:**

Online:   
<https://tinyurl.com/y56wktnl>  
Mail In: The Lonsdale Crawl  
PO Box 227  
Lonsdale MN 55046 /

*Checks payable to The Lonsdale Crawl*

**FEES:** \$35 - in person 5K pre-registration  
\$40 - in person 5K register on date of in person for in person!  
\$40 - virtual 5K  
\$100 - virtual theMARATHON

Pre-Registration guarantees  
Lonsdale Crawl 5K shirt for 5k

Those who register for virtual events  
will automatically receive the respective  
shirts for those sign up for events.

*\*Youth may participate with adult supervision.*

*Must submit separate form/fee. Same registration for is used for all ages.*

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Age at time of Race:** \_\_\_\_\_

**Event Participation (circle applicable)**

**5K In person (10/17)**

**5K Virtual (10/1-11/1)**

**theMARATHON (10/1-11/1)**

**Waiver and Release of Liability:**

I understand that my, or my minor child, or the minor child in my legal custody (collectively "my") participation in the Lonsdale Crawl 5K AND theMARATHON is at my own risk. I understand that there are risks associated with physical activity involved in the event including but not limited to possible falls, contact with other participants, effects of weather, traffic and road conditions. I agree to indemnify, defend and hold the Lonsdale Crawl organizers and the City of Lonsdale and all sponsors of events harmless from and against any and all claims, liability, judgments, fines and expenses including attorney fees and amounts paid in settlements actually and reasonably incurred in connection with any proceeding to which Lonsdale Crawl sponsors and/or the city is or at any time becomes a party to or is threatened to be made a party due to my participation in the event.

I hereby grant to the Lonsdale Crawl with respect to photographs, motion pictures, video recordings or any other record of Event in which I may be included to copyright the same in its own name or otherwise; to use, reuse, publish and republish in the same in whole or in part in conjunction with any printed matter in any and all media now or hereafter known, and for any purpose whatsoever for illustration, promotion, art, advertising and trade or any other purpose and to use my name and any statement made by me in connection therewith.

By signing I understand that I am to follow all the MN Department of Health Guidance while participating in attendance at this event. Not abiding by guidance, I understand will disqualify me from attending.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_