

# SPRING INTO SHAPE



## TRAIL RUN/WALK

**SUNDAY, APRIL 28, 10AM**

Everyone is welcome to come and join in for the annual Spring Into Shape 5k trail run. Come run or walk through Bagley Nature Area and the UMD Campus. All ages are welcome to participate in this event. Register by Monday, April 19, 3pm for guaranteed t-shirt. Race day registration is welcome at the Bagley Classroom in the Bagley Nature Area.

COST: \$12 UMD Students/\$15 Others

### Registration Form

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ Shirt Size: S—XL \_\_\_\_\_

Email \_\_\_\_\_

#### Checks payable to UMD RSOP

Bring check and registration form to 153 SpHC, or mail to:

Recreational Sports Outdoor Program

153 Sports & Health Center

1216 Ordean Court

Duluth MN 55812

**UMD** **Recreational Sports  
Outdoor Program**  
UNIVERSITY OF MINNESOTA DULUTH  
Driven to Discover

Knowingly and at my own risk, I hereby apply to enter this 5km race and do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event against UMD, any and all sponsors, employees, volunteers, or officials of involved organizations. I further hereby certify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Participate Signature \_\_\_\_\_

Guardian Signature (if under 18) \_\_\_\_\_