



Registration Form

one person per form

First Name

Last Name

Email Address

Address

City/State/Zip Code

Phone

Date of Birth (MM/DD/YYYY)

T-shirt Size (Men's sizes only)

- XS S M L XL XXL
 Thanks, but I'd rather donate the cost of the t-shirt

Adults
 \$20 if postmarked by June 30
 \$25 if postmarked by Sept. 24
 \$30 (race day)

Kid's (age 12 and under)
 \$10 if postmarked by June 30
 \$10 if postmarked by Sept 24
 \$10 (race day)

Total \$ _____
 make check payable to:
 PATH Crisis Nursery

Mail registration form and
 payment to:
 PATH Crisis Nursery
 9766 Fallon Ave. NE #104
 Monticello, MN 55362

I am entering this event at my own risk and assume all risk and responsibilities for any injuries incurred as a direct or indirect result of my participation in this event. I, for myself and my heirs and executors, also agree not to hold any participating sponsors or supporters or the directors, employees and agents of such parties responsible for any such injury or damage suffered. I verify that I have full knowledge of the event and that I am physically fit and sufficiently trained to participate in it. I grant full permission to use any photographs, videotape, or testimonials for legal or marketing purposes. I acknowledge the race directors have the interest of my safety in mind and may need to postpone, alter, or cancel the race due to circumstances outside of their control. I will not hold them responsible for refunding registration for these circumstances.





Race Information

The Timber Dash 5k Trail Run + Walk is a fun, healthy and kid-friendly event catering to runners, health walkers and families who seek to raise their heart rates and have the heart to support a noble cause. The Timber Dash 5k Trail Run + Walk is a charity event with all proceeds benefitting PATH Crisis Nursery serving Wright County, a child abuse prevention program providing childcare, counseling and support to families in crisis situations.

9:30 am

Saturday, October 1, 2011

Lake Maria State Park

11411 Clementa Ave

Monticello, MN 55362

Schedule

7:45 to 9:15 am – registration and packet pick-up

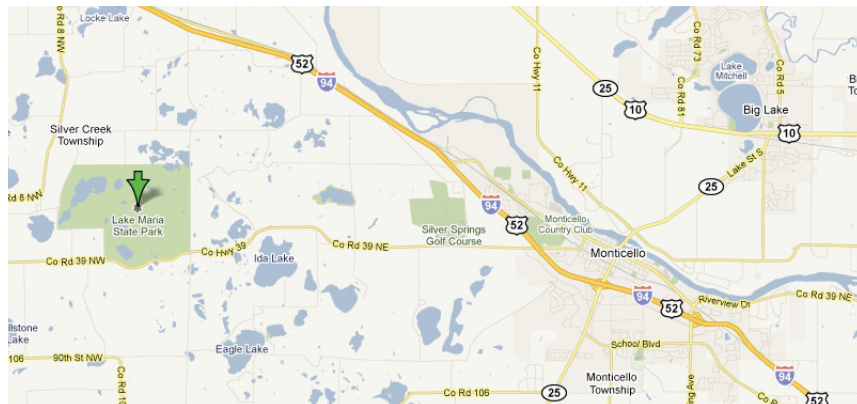
9:30 am – Kid’s Run

10:00 am – 5k Run + Walk

Directions

From the South: Take I-94 North to Monticello, exit onto Hwy 25 South, take a right on Chelsea Rd. and follow all the way to CR 39. Take a left on CR 39 and a right onto Clementa Ave (CR 111). The entrance to the park will be on your left.

From the North: Take I-94 South to Monticello, exit south onto to Hwy 8 NW to CR 39 and take a left onto Clementa Ave (CR 111). The entrance to the park will be on your right.



Event and Course Description

5K

This challenging 3.1 mile loop leads you through meadows and forests, then returns you to the trail center through old growth oaks and maple trees.

Kid’s Run

The Kid’s Run is a light hearted event for children ages 4 to 12.

The Goods

All runners and walkers will receive finisher medals, race shirts and after-race beverages and food. Shirt sizes can only be guaranteed to those who sign up by September 24, so we recommend early registration. All participants will also receive \$5 off a State Park year-round vehicle permit the day of the race.

Parking

Arrive early and allow plenty of time for parking. Parking is available at Lake Maria State Park and surrounding locations. **Carpooling is encouraged.**

Volunteer

Race volunteers who sign up before September 24 will receive a free t-shirt in appreciation for their efforts. For information on Pre-event and Race Day volunteer opportunities, visit our website at www.timberdash.com and go to the Volunteer section or you can call (763) 271-1681.

PATH Crisis Nursery



The Crisis Nursery serving Wright County is a family support program under the direction of PATH (Professional Association of Treatment Homes) MN Inc. We are committed to prevent child abuse and neglect and to support, strengthen, and empower children and families to achieve lifelong success.

PATH, a nonprofit organization, was founded in Minneapolis in 1972 by a group of innovative foster parents and social workers who shared a vision about a new, more personalized approach to foster care for children and youth with special emotional, behavioral and medical needs. They believed these children and youth could be better served in family-based settings, rather than in more restrictive institutional placements such as hospitals, group homes, and residential treatment centers. They believed, “there must be a better way.”

For more information about PATH Crisis Nursery, please visit us at www.pathmn.org.