

1st Annual "Lago di Como" 5K Fun Run/Walk

Presented by



Italian Cultural Center
MINNEAPOLIS / ST. PAUL

**Proud sponsors of the Leonardo Da Vinci, Codex Leicester Exhibit
Minneapolis Institute of Arts (June 21 - Aug 30, 2015)**

Registration Form

Date: Saturday, July 25th, 2015

Time: 5K Run/Walk will begin at 9:00 a.m.

Location: Lake Como (Lago di Como), St. Paul, MN 55117

Registration/Check-in: 8:15-8:45 a.m.; Run/Walk 9:00 a.m.

Course: We will use two laps of the lake. Both the walk and run will be done entirely on path. Start and finish lines will be at directly across from the Lakeside Pavilion at E. Lake Como Dr. and Lakeview Ave.

Lake Como map: <http://www.stpaul.gov/DocumentCenter/View/67807> (see map for parking, pavilion and restroom locations).

Fees: Adults: \$25 (includes t-shirt). Youth: \$20 (includes t-shirt).
T-shirts may not be available to late registrants.

Two pairs of vouchers for the Leonardo Da Vinci Codex Exhibit at MIA (\$40 value) will be awarded to 1st & 2nd place winners. Additional vouchers will be raffled at the end of the race; all participants will automatically be entered (you do not need to be present to win).

CHECK ONE: 5K Run____ 5K Walk____

T-shirt Sizes (circle one): Adult: 2X-Large X-Large Large Medium Small

Youth (circle one): Large Medium

Name: _____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ E-mail: _____

Waiver I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with any participants, the effect of the weather including high heat and humidity, traffic and the condition of the road with all such risks being known and appreciated by me. In consideration of the foregoing, I, for myself, or heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Italian Cultural Center, volunteers, organizers, and any individuals of organizations otherwise involved with the operation of this event for any and all claims or damages, demands, actions whatsoever which may arise as a result of my participation in this event. I grant all foregoing to use any photographs or any records of this event for any legitimate purpose. Because of the nature of this event, registration fees are non-refundable. I have carefully read this Waiver and Release and fully understand its contents. If I am under 18 years of age at the time of registration, my parent or legal guardian has completely reviewed this Waiver and Release and understands and consents to its terms, and authorizes my participation by his/her signature below. I am aware that this is a RELEASE OF LIABILITY, a contract between me and the persons and entities mentioned above, and I sign of my own free will.

Participant Signature Parent/Guardian Signature if under 18 Date

All proceeds from the race will benefit the Italian Cultural Center, a non-profit 501(c) (3) organization – EIN # 06-1778894.

The ICC was established as a multifaceted center in Minnesota dedicated to promoting all things Italian; to serve as a beacon for classic and contemporary Italian culture through language, art, music, design, cinema, architecture, food, wine and technology.

