

SWMS Tiger Trot 5K Fun Run/Walk

- *NEW – 5K State Registered Course!
- *Chip Timing and Online Registration!

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Age: _____ Gender: _____

T-shirt size (circle one):

Adult: S M L XL XXL XXXL

Youth: S M L

Please sign the waiver on this registration

MAKE CHECK PAYABLE AND MAIL TO
OR BRING TO:

District 241

Attn: Tiger Trot

1601 West Front Street
Albert Lea, MN 56007

Amount Enclosed: \$ _____

Event will be held rain or shine. Sorry, no
refunds.

*Please consider making a donation to the SWMS
student activity fund. Any dollar amount will be
greatly appreciated!*

AGREEMENT, WAIVER, RELEASE AND
ACKNOWLEDGEMENT: I, the undersigned,
acknowledge that it is my responsibility to
understand the risks and determine whether I am
fit to safely participate in this event and the
precautions I should take. I hereby assume full
responsibility for my safety and health during this
event. I hereby, for myself, my heirs, guardians
and personal representatives, forever release, hold
harmless, and discharge the SWMS Tiger Trot, its
sponsors, directors, volunteers, and all other
persons and entities associated with the event,
(collectively, the "Organizers"), from and against
any and all rights and claims for injuries or
damages I may sustain or receive arising in any
manner from my participation in the event,
regardless of whether such injuries or damages
result from the negligence of the Organizers. I
recognize that the event takes place on open
roads and bike trails with many traffic
crossings, and regardless of the Organizers'
efforts to control traffic, I am responsible for
my own safety when participating in this event,
including when crossing intersections and
interacting with moving vehicles. I understand
that the entry fee is non-refundable. If the event
is delayed or prevented by any cause outside of
the control of the Organizers there shall be no
refund of the entry fee or any other costs incurred
by me.

X _____
Participant's Signature

X _____
Parent/Guardian (Must sign if participant is under
18)

*Please use a separate registration
form for each entrant*

Southwest Middle School
Tiger Trot
April 22, 2017



In Collaboration With:

**Fountain
Lake 5**

sponsored by the
**Albert Lea
Family Y**



**Please join us for a
celebration of health and
physical fitness!**

Southwest Middle School is sponsoring the **11th Annual "Tiger Trot."** The Tiger Trot is a 5K fun run/walk for students, their families, community members, and anyone else that enjoys being active and healthy. **All are welcome!**

All proceeds will go to the Southwest Middle School Student Activity Fund which defrays the expenses of student field trips, assemblies, and other student-centered events.

For safety sake, no bicycles, scooters, or rollerblades are allowed on the race course. Owners of properly socialized and obedient pets are welcome to bring their leashed pet however the pet's owner/handler accepts responsibility for all actions by, and the safety of, the pet. [All city ordinances apply.]

Course Description: The race will start and finish at Brookside Education Center. Runners and walkers will start on Richway Drive and turn left through beautiful residential neighborhoods. They will follow the lake for the second part of the course until they reach Brookside for the finish line.

Community Support: SWMS student racers will be collecting pledges to support their school's Student Activity Fund. This fund supports student field trips, assemblies, and other student events and needs at Southwest Middle School. All race participants are asked to consider making a donation to this fund. You may make your donation either with your registration or the day of the race. If you can't participate in the race, please consider supporting this event by pledging our student racers.



When: Saturday, April 22, 2017

Start Time: 9:00 a.m.

Location: Brookside School
211 West Richway
Albert Lea, MN 56007

Packet Pick-up: 7:30 am - 8:45 am

Same Day Registration: 7:30 am - 8:30 am
(Same Day Entrants will not receive a t-shirt)

Pre-Registration Fee:

- Pre-Registration Fee: \$20
- Pre-Registration Fee (7th grade and younger): \$10

After March 28th:

- Registration Fee: \$30
- Registration Fee (7th grade and younger): \$20
- **No T-shirts for registrations received after March 31st.**

10% of the Albert Lea Erbert & Gerbert's sales on Race Day will go to the SWMS Tiger Trot!

Awards: The top 3 males and females from each age division will receive awards. The awards will be presented near the finish line shortly after the race is over.

Age Divisions:

- Boys/Girls 11 & under
- Boys/Girls 12&13
- Boys/Girls 14-18
- Men/Women 19-29
- Men/Women 30-39
- Men/Women 40 & over

Thank You to Our Sponsors:

Please take a moment to look at all of the generous sponsors for our 11th Annual Southwest Middle School Tiger Trot. The contributor names can be found on the backs of all of the t-shirts and on the poster in the registration area. We are very proud to have all of their support, as well as all of your support, for our fundraising event.

On-Line Registration

This year the SWMS Tiger Trot is proud to be working with the **Albert Lea-Freeborn County Chamber of Commerce** to provide our participants with the ability to Register and Pay On-Line!!

[-http://www.albertlea.org/events/details/tiger-trot-1496](http://www.albertlea.org/events/details/tiger-trot-1496)

-Select "Register Now".

-Click on the link under "Not a member?".

-Complete Online form and pay online.