



NORMANDALE LAKE
OFFICE PARK

ANNUAL 5K FUN RUN Registration Form



Place/Day/Time: Run around Normandale Lake on Thursday, September 22 at **11:30 am**.

Register: Complete the registration form and return to Lisa Simonson by Friday September 16 via email at lisa.simonson@cushwake.com, or drop off at Suite 1450 of the 8400 Tower. For questions, please contact Lisa Simonson at 952-921-2020 or lisa.simonson@cushwake.com.

Race Day: Check-in at the table located in the courtyard of the 8300 Tower at **11:00 am**. After the race, all participants are invited to enjoy the music of Daniel Switch, and a box lunch catered by Ryan's Café.

Prizes for 1st, 2nd, and 3rd place will be awarded!

First Name

Last Name

Company

Building

Suite #

Email

Work Phone Number

Liability Waiver & Release

Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release the sponsors & officials of Normandale Lake Office Park from any and all liability arising from illness, injury or death I may suffer as a result of my participation in these events. I attest that I am physically fit and have sufficiently trained for these events and I am aware that my participation could, in some circumstances, result in physical injury. Should officials determine that completion of these events would be injurious to my health, I consent to be removed. I give permission free use of my name and picture in any broadcast, telecast or written account of these events.

Signature: _____ Date: _____