



# ANNUAL 3K FUN WALK Registration Form

**Place/Day/Time:** Walk around Normandale Lake on Thursday, June 6 at **11:15 am**.

**Register:** Complete the registration form and return to Lisa Simonson by Friday, May 31 via email at [lisa.simonson@cushwake.com](mailto: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](mailto:lisa.simonson@cushwake.com).

**Race Day:** Check-in at the table located in the courtyard of the 8300 Tower at **10:45 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will be awarded!**

First Name

Last Name

Company

Building

Suite #

Email

Phone Number

**Check for Vegetarian Lunch**

### 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 for free use of my name and picture in any broadcast, telecast or written account of these events.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_