

## ELM CREEK RELAYS/TIME TRIAL

The following race information is subject to change depending on the condition of race day, etc.

When: Wednesday Dec. 1, 2010 through Feb. 16, 2011, at 7:00pm (freestyle), at 7:30pm (classic)

Where: Elm Creek Park Reserve, Maple Grove, MN

What: 2 person relay teams; individual

Start Time & Place: Registration at the Trail Head 6:30pm-6:55pm (both freestyle and classic), 5k freestyle starts at 7:00pm, and 5k classic starts at 7:30pm. Registration closes at 6:55pm. This is a low-key relay/time trial to help get ready for the race season.

Course and Distance: 5K lighted trail loop.

Groups: Mixed, Men's, Women's, and High School

Fees: \$7.00 a person (freestyle or classic), \$12 a person (both freestyle and classic)

Sponsor: Rainbow Resort, MN (Northwest MN -- near the Headwaters of the Mississippi River at Itasca State Park, about 4 hour drive from the Twin Cities), [www.rainbowresort.com](http://www.rainbowresort.com) (host of the 2008 and 2009 Junior Olympic Qualifier MN-races and Rainbow Rendezvous races)



Send entries to:

Melinda Silbernack (Make checks payable to: Melinda Silbernack)  
6729 Hemlock Lane N.  
Maple Grove, MN 55369 Phone 763-218-3901

Name: \_\_\_\_\_ Race: Freestyle Classic Both

Address: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Sex: M F

E-mail: \_\_\_\_\_ Phone (Best #): \_\_\_\_\_

Age: \_\_\_\_\_ Relay Team Name \_\_\_\_\_

**WAIVER: I assume all risks, known and unknown, associated with participating in this event, and release the organizer, Hennepin parks and all sponsors or workers associated with this race. This release and waiver extends to all cases of every kind or nature whatsoever. Applications participation will only be accepted with a parent or guardians signature.**

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
Parent or Guardian's Signature (If under 18) \_\_\_\_\_