



# USATF MINNESOTA Cross Country Challenge at Highland Golf Course



Sunday, October 18, 2008  
5k Run  
9:30am – Men, 10:15am - Women

Join us at Highland 9 hole Golf Course in Saint Paul for a cross country race open to all runners.

To register in advance, please complete and mail in the form below. Pre-registration postmarked no later than October 13, mailed to:

USATF Minnesota  
Attn: Joe Papin  
2027 Thure Avenue  
St. Paul, MN 55116

**Fee:**

\$10 pre-registered (\$8 for USATF members), \$15 race day for everyone. Make checks payable to USATF Minnesota. Race day registration begins at 8:30 a.m.

**Team Competition:**

Third race in the USATF Minnesota Cross Country Circuit. Teams composed of USATF registered members of USATF registered clubs will score for the circuit.

**Location:**

Highland Park 9 Hole Golf Course is across the street for Highland National Golf Course in St. Paul.  
Address:

1797 Edgumbe Road  
St. Paul, MN 55116

For directions and more information please visit: [www.golfstpaul.org](http://www.golfstpaul.org) .

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## USATF MN Cross Country Challenge at Highland Golf Course Entry Form

Name: \_\_\_\_\_

Age on 10/18/09: \_\_\_\_\_

Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

USATF Registered Team Name: \_\_\_\_\_

**WAIVER:** In consideration of the acceptance of my entry, I hereby release all sponsors of this race, their representatives and assigns from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race for which I am physically fit and trained.

Signature (by parent or guardian if participant is under 18): \_\_\_\_\_