

# Polar Bear Prediction

## 5K Run

Rochester, MN



*This is a Predicted Time Run—*  
*You Can Be A Winner!!*



## Polar Bear 5 Mile Information

**Date:** Saturday January 6, 2018

**Time:** Registration: 9:30 A.M.  
Race: 10:00 A.M.

**Location:** Gloria Dei Lutheran Church  
1212 12<sup>th</sup> Avenue NW  
Rochester, MN 55901

**Entry Fee:** \$15.00 regardless of when you register.

**Rochester Track Club  
members \$10.00.**

Join RTC on race day and receive discount.

\*\*Fleece Hats for early registration.  
( No guarantee for same day registration)

**Awards:** Hand carved wooden bear trophies  
for top 10 winners.

**\*\*\* Stay for a light luncheon provided! \*\*\***

**Send Entry Form and Payment To:**

***(Please make check out to: Rochester Track Club)***

Sonja Kranz  
5029 Nicklaus Dr. NW  
Rochester, MN 55901

**Questions?**

(507) 993-3505 or  
E-mail: [ziehen2@charter.net](mailto:ziehen2@charter.net)

## You Can Be A Winner!

### **Instructions:**

This race attempts to equalize all runners by staggering start times according to predicted finish times. You will predict the time you think it will take you to run 3.1 miles to the nearest 30 seconds. The course is a snowy, slippery route that follows the road and bike path. You are responsible for your safe speed and footing. Hey, it is January in Minnesota!!

At 10:00 AM the slowest predicted time runners will start. Every 30 seconds after that, another group will take off according to their respective predicted times. The winner is the first person to cross the finish line. **EXCEPTION:** anyone *faster* than his or her predicted time is *disqualified!* Needless to say, no splits will be given and no watches will be allowed (an automatic DQ).

***There will be a 1 hour time limit to complete the race.***

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**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Telephone #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**RTC member? Yes \_\_\_ No \_\_\_**

***Predicted time to nearest 30 seconds:*** \_\_\_\_\_

I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, and animals are not allowed in the race and I will abide by this guideline. I for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, the City of Rochester, the County of Olmsted, ISD #535, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

**Signature (parent if under 18)** \_\_\_\_\_

**Date** \_\_\_\_\_