



Saturday, April 17
Century High School
2525 Viola Rd NE
Rochester MN

7:00-7:45 am Registration
8:00 am Walk-Run Race

Race Sponsors

- Rochester Track Club**
- Road Runners Club of America**
- Running Room**
- Thrivent Financial for Lutherans**
- Superior Screen Printers**

www.semyo.org ▪ 507-282-1718

**SEMYO 2010 Walk-Run
 Registration**

Office Use Only
 RACE Number

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Male _____ Female _____ Age _____

Walk _____ Run _____ Donation Only _____

T-Shirt Size: Small ___ Med ___ Large ___ XL ___ XXL ___
 Youth Med _____ Youth Large _____

____ Students ≤ 18 \$15

____ Adult registration \$20

____ Adult - day of race \$25

Donation to SEMYO \$ _____

Total _____

WALK-RUN WAIVER: I, the undersigned, intending to be legally bound for myself and my minor children listed, my heirs, do hereby release the Southeastern Minnesota Youth Orchestras, Rochester Track Club, any and all sponsors of the race, their representatives, successors from any and all liability arising from illness or injury I or my minor children may suffer as a result of our participation in this race. I attest and verify that I (we) are physically fit and have sufficiently trained for this race. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio head sets are not allowed in the race and will abide by these guidelines. I have read the foregoing and certify my agreement by my signature.

Signature _____
 (Parent or guardian signature if under 18 years)

INFORMATION RELEASE: My signature below gives permission for my and/or my child's name and image to appear on TV, radio or other media including, but not limited to, newspapers, magazines, SEMYO publicity materials and website for the purpose of SEMYO marketing and reporting of race results.

Signature _____

Support the SEMYO Program with the Annual Walk-Run Fundraiser

** Walk or Run in the 5K Race
 ** Make a Tax-deductible Donation to SEMYO
 ** Sponsor a SEMYO Student by participating

Enter the name of the SEMYO student that you will be supporting with your registration

Awards

- Individual in each ensemble raising the most funds for SEMYO
- Ensemble with the greatest participation
- Ensemble raising the most funds
- Best overall male and female finisher
- First and second place male and female finishers in the following age groups

Race Divisions

10 and under	20- 29	60 - 69
11 - 13	30 - 39	70 - 79
14 - 16	40 - 49	80 and over
17 - 19	50 - 59	

Pre-registration

Saturday, April 10 at Century High School
 8:30 a.m. — 12:00 p.m.

Download forms on www.semyo.org

Send completed form with payment to:

SEMYO
 1001 14th St NW, Suite 450
 Rochester MN 55901

The 5K course for the Walk-Run, along paved roads, trails and sidewalks, will start and end at Century High School.