

Cobb 5K Run and Walk: Remembering Roger
Wednesday, May 2, 2007, 6:30 pm.
Lake Harriet Bandshell, Minneapolis

This event celebrates the life of Roger Cobb, marathoner, triathlete, husband, father, and life long advocate for the poor, who passed away from brain cancer in May 2002. Any proceeds beyond race costs will be donated to Mid-Minnesota Legal Assistance and Central Minnesota Legal Services, which provides legal services to persons with low incomes.

- Course: On the path around Lake Harriet in Minneapolis, where a tree will be planted in remembrance of Roger. Meet at the bandshell and walk to the start, ending back at the bandshell, 4135 W Lake Harriet Pkwy, Minneapolis, 55410
- Number: Limit of 250 runner and walkers. No strollers and bladders
- Fee: \$17 (With Shirt) or \$7 (No Shirt) Mailed by April 28, or received by April 30.
 Payable to "Mid-Minnesota Legal Assistance" or "MMLA" and mailed to:
 MMLA c/o Larry McDonough, 2929 4th Avenue South, Minneapolis, MN 55408
 612-746-3646, Cell 651-398-8053, Fax 612-827-7890, larry@midmnlegal.org.
ON LINE REGISTRATION available at www.Cobb5K.homestead.com.
Race Day: \$20 (With Shirt) or \$10 (No Shirt)
- Awards: Medals/ribbons to open/masters men and women winners MMLA, legal services, other attorneys and legal professionals, and other categories.
- T-shirts: Same shirt as last year, to all participants paying \$17 in advance or \$20 race day.
- Timing: By stop watch. Times will be read at the end but not recorded. Participants should time themselves or listen for the time at the finish. Splits at the 1 mile marker.
- Water: 2 mile marker
- Treats: Water and Great Harvest donated treats.

COBB 5K RUN AND WALK: REGISTRATION FORM: PLEASE PRINT

First Name	Last Name		Birth Date	
Age on May 2, 2007	Male	Female	Large Shirt	XL Shirt
MMLA	Other Legal Services (LS)	Other Attorneys, Judges, and Legal Workers (O)	Roger Friend or Family ®	60 or Over
Address		Phone	Email Address	

WAIVER. I know that participation in a race is potentially hazardous. I should not enter and run or walk unless I am able and properly trained. I assume the risk of running or walking. I also assume any and all other risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and conditions of the road, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge any organization associated with the race, and the local government and police, race directors, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims to liability for death, personal injury, or property damage of any kind or nature, whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature, whatsoever, foreseen or unforeseen, known or unknown. I further grant full permission of this race and any organization conducting the race and/or agents authorized by them, to use any photographs, videotape, motion pictures, recordings, or any other record of this event for any purpose. I have read the foregoing and certify my agreement by signature.

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

PRINT OUT OR COPY THIS ENTRY FORM AND ALONG WITH \$17 (WITH SHIRT) OR \$7 (NO SHIRT) (RACE DAY: \$20 (WITH SHIRT) OR \$10 (NO SHIRT)), PAYABLE TO "MID-MINNESOTA LEGAL ASSISTANCE" OR "MMLA," MAIL BY APRIL 27, TO MMLA C/O LARRY MCDONOUGH, 2929 4TH AVENUE SOUTH, MINNEAPOLIS, MN 55408