



# HNC 8K and 1 mile Fun Run/Walk

This beautiful cross country course is set in Austin's scenic Hormel Nature Center. All ages and abilities are invited to participate in this race that benefits the Nature Center.

DATE

September 17, 2011 Start time: 9:00am

PLACE

The beautiful Hormel Nature Center, located in Austin, MN.

REGISTER

Pre or Race-day registration. Forms available online. Race-day registration is \$15 (8k) and \$5 (1 mile).

INFO

Pick up your race number and t-shirt the morning of the race, beginning at 7:30 am. Coffee, water and fruit available.

MORE INFO

[www.HormelNatureCenter8k.org](http://www.HormelNatureCenter8k.org)

AWARDS

8k: 1st-3rd medals in each male and female age division. Overall male and female receive medal and gift certificate. 1 mile: awards determined by number entries and ages.

## Hormel Nature Center 8K Registration

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Age on Race Day \_\_\_\_\_  Male  Female

Pre-registering for:  8k (\$12)  1mile (\$2.00)

Checks made payable to Hormel Nature Center 8K

Remit to: Overby Orthodontics  
HNC 8K  
700 1st Ave SW  
Austin, MN 55912



In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound for myself, my Heirs, Executors, and Administrators, do hereby release any and all sponsors of this race, and their representatives, successors, and assigns, from any and all liability arising for illness or injuries I may suffer as a result of my participation in this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photographs, videotapes, motion pictures and recordings of my participation in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by signature below.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of parent/guardian if applicant is under 18