



Ribbon Ride & Run

Sat, Sep 24, 2016 @ 9am

Event Coordinated by: Outdoor Edge, Total Wellness Coaching, & Cambridge Medical Center

Registration: \$25.00 pre-registered; Day of Race Registration: \$30
MUST REGISTER BY September 8th to Guarantee T-shirt

Packet Pick-up: Friday, September 23rd, at Total Wellness Coaching, 538 S Main St, Cambridge
 During the Ready, Ride, & Run Fair from 4 – 7pm.
NO PACKET PICK UP on day of Race.

Race Start & Finish: **8:00AM Registration (if not pre-registered) No t-shirt guaranteed.**
9:00AM start at Outdoor Edge. Finish line at Cambridge Medical Center.

After Race Events: FREE Health Expo, Lunch, Music, Games, Door Prizes, & More!

Transportation: Courtesy transport for participants back to Outdoor Edge.

- Entry fees are not refundable.
- All checks must be made to Outdoor Edge.
- Registrations can be dropped off at Total Wellness Coaching, Outdoor Edge, or Cambridge Medical Center (Harbor Room); or can be mailed to Outdoor Edge, 115 S Adams St, Cambridge, MN 55008.

Name (PLEASE PRINT) _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Age (as of race day): _____ **Birthdate:** _____ **Male** **Female**

CIRCLE ONE: **Run/Walk 5K** **Ride 10 miles** **Ride 25 miles** **Sleep Walker***

SHIRT SIZE (All Adult Sizes): **XS** **S** **M** **L** **XL** **XXL**

Do you have any medical conditions about which we should be aware? Please specify:

Athlete's Release: I, _____, do hereby agree to hold harmless and indemnify Cambridge Medical Center, Outdoor Edge, and Total Wellness Coaching and their agents and employees, and any person's officially connected with Ribbon Ride & Run including all sponsors, elected officials and volunteers from any and all liability resulting from my participation in this event.

Signature: _____

Parent Signature (if under 18): _____

Register Online @ www.active.com

All proceeds go to people with cancer who need help with daily living expenses: food, transportation, utilities, rent, and more.

***Sleep Walker** = Sleep in knowing that your donation is helping cancer patients and their families.