



# HALFAST 1/2



## HALF MARATHON, 6.55 MILE AND 5K RACES

**FEBRUARY 18, 2012 VADNAIS HEIGHTS, MN**  
**REGISTER EARLY TO SAVE (Online or Form on Reverse)**

REGISTRATION MENU	EARLY (Rec'd by 1/31/12)	IN TIME (Rec'd by 2/17/12)	LAST MINUTE (Race Day)
Race Start Times 1/2 Marathon 9:00 am 6.55 Mile Race 9:30 am 5K Race 10:00 am			
<b>1/2 MARATHON (13.1 mi.)</b>	<b>\$30</b>	<b>\$40</b>	<b>\$45</b>
<b>1/2 OF 1/2 (6.55 mi.)</b>	<b>\$25</b>	<b>\$30</b>	<b>\$35</b>
<b>1/2 OF 10K (3.1 mi.)</b>	<b>\$20</b>	<b>\$25</b>	<b>\$30</b>

Race from Vadnais Heights Sports Center & Saks Bar  
 Chip Timing & Long Sleeve Performance Race Shirts  
 Nutritional Aid Stations, Recovery Food and Beverage  
 Post Race Party and Awards Ceremony inside Saks Bar  
 Valuable Awards to Overall and Age Group Winners

**Thank you to our sponsors**



### Retail Store

2193 4th St.  
 White Bear Lake,  
 55110

651-426-1919



[www.TriFitnessWBL.com](http://www.TriFitnessWBL.com)

[Facebook.com/TriFitnessWBL](https://www.facebook.com/TriFitnessWBL)

[Twitter.com/TriFitnessWBL](https://twitter.com/TriFitnessWBL)

# HALFAST 1/2

### RACE WAIVER & REGISTRATION FORM

Knowingly, and at my own risk, I hereby apply and/or apply as a parental guardian on behalf of a child to enter Half Fast 1/2, and do hereby waive and release any and all claims for damages, including negligence claims that I may incur as a result of my participation in the event against USATF, Tri Fitness, all municipalities, all sponsors, or any employee, volunteer, official or elected official of these said organizations. I understand that the entry fees for the event are non-refundable for any reason(s) and race numbers are not transferable. I further certify that I have full knowledge of the risks involved in the event which may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected carry inherent dangers and risks including without limitation personal injury, property damage or death. I certify that I am physically fit, and sufficiently trained to participate. If however, as a result of my participation in the event, I require medical attention, I hereby give my consent to authorized medical personnel of the event to provide such medical care as is deemed necessary by such authorized personnel. I further understand that due to the time of the year this event is held, there is the possibility of inclement weather. I do assume all weather related risks with my participation in this event. I also hereby grant full permission to Tri Fitness and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of Half Fast 1/2 for any legitimate purpose, at any time, without compensation. Having read and understood the foregoing, and after careful consideration, I hereby voluntarily assume all risks inherent with participation in the event as stated herein and certify my agreement by my signature below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of Parent if under age 18)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Please Circle Race:

13.1 Mi.    6.55 Mi.    3.1 Mi.

Age on Race Day: \_\_\_\_\_ Gender: M F

Adult Shirt Size: S M L XL

**HALF FAST HALF RACES**  
**13.1 Mi, 6.55 Mi. & 3.1 Mi.**



### REGISTER TODAY

In Person by 2/17/12  
 or Mail postmarked by  
 2/11/12 at/to Tri Fitness,  
 2193 4th St., White Bear  
 Lake, MN 55110  
 Online by 2/14/12 at  
[www.TriFitnessWBL.com](http://www.TriFitnessWBL.com)

**RACE DAY REGISTRATION**  
 Saturday, February 18,  
 2012 from 7:30 am—8:45  
 am for Half Marathon, until  
 9:15 for shorter races.

### RACE PACKET PICK UP

In Advance: Feb. 16-17 at  
 Tri Fitness White Bear Lake

### RACE START & FINISH

Vadnais Heights Sports  
 Center & Saks Bar 1460  
 Co. Rd E, East • Vadnais  
 Heights, MN 55110

Please make check payable to  
 Tri Fitness and deliver with form  
 to 2193 4th St. White Bear Lake

Course Maps, Complete Details  
 & Online Registration:  
[www.TriFitnessWBL.com](http://www.TriFitnessWBL.com)