



COLLEGE OF
Saint Benedict

The 16th Annual | 9:30 a.m. Dec. 5, 2015

SNOWFLAKE SHUFFLE 5K

ABOUT THE RACE

Fast and fun certified course that meanders through St. Joseph.

THE COURSE

Starts and finishes on the campus of the College of Saint Benedict. Flat and fast!

T-SHIRT

One of the coolest long-sleeved race t-shirts in Central Minnesota to each finisher.

AWARDS

Prizes for the first overall men and women, plus age group awards to: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

REGISTRATION

Register online at snowflakeshuffle.com or mail registration form to:

Robin Balder-Lanoue

Claire Lynch B-21

College of Saint Benedict Athletics

37 S. College Ave.

St. Joseph, MN 56374

FEES

Advance fee: \$25

Day of race: \$30

QUESTIONS?

Call Robin at 320-363-5514



SPONSORS



Joseph's Hair Salon
St. Joseph, MN

SNOWFLAKE SHUFFLE 5K

REGISTRATION FORM

First Name: _____ Last Name: _____

Date of Birth: ____ / ____ / ____ Age on Dec. 5: _____ Sex: M F T-Shirt Size: S M L XL XXL

City: _____ State: _____ Zip Code: _____

Email: _____

WAIVER: I understand that running a road race is a potentially dangerous activity. I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event against CSB, all sponsors, employees, volunteers, or officials of these organizations. I further certify that I have full knowledge of the risks involved in the event and that I am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the race I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary. I have read the foregoing and certify my agreement by my signature below.

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

**MAIL THIS ENTRY FORM
WITH \$25 BY NOV. 30 TO:**

Snowflake Shuffle 5K
Robin Balder-Lanoue
College of Saint Benedict
Athletics
37 S. College Ave.
St. Joseph, MN 56374

Make check payable to:
College of Saint Benedict

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