

16th Annual Warrior 5K Run/Walk & Family Mile

WHAT: Community-wide gathering for all ages – 5K Run/Walk and family mile
Presented by the ISD 197 Educational Foundation & the Two Rivers Student Council

WHERE: Two Rivers High School

DATE: September 27, 2025

TIME: Race starts at 9 AM / registration begins at 8 AM



REGISTRATION – all paid registrations include a race t-shirt!

Register online: isd197foundation@isd197.org or scan the QR code

Register by mail: ISD. No. 197 Educational Foundation

c/o Steve Ashley, Treasurer, 1056 Douglas Road Mendota Heights, MN 55118



- ☐ **Adults = \$20** before Sept. 19 at 5 PM
- ☐ **Students = \$5** before Sept. 19 at 5 PM
- ☐ **Under 6 years = Free**, no t-shirt (strollers welcome!)

Race day registration: Adults = \$25/ Students = \$10

Proceeds support all ISD 197 schools: elementary, middle and high schools, and early learning

Warrior 5K Awards go to the top 3 male, female and nonbinary winners in each age category: 13 & under, 14-19, 20-49, and 50 & over

ONE FORM PER PARTICIPANT. ADDITIONAL FORMS AVAILABLE AT ISD197FOUNDATION.ORG

Name: _____

Email: _____ **Phone:** _____

Address: _____

Age on Race Day: _____ **Male or Female or Nonbinary (circle one)**

RELEASE OF LIABILITY If you do not agree, do not participate in the race.

In consideration and exchange for allowing me to participate in the 5K race, I agree to **ASSUME ALL RISKS OF INJURY** inherent in running and racing. **I AGREE NOT TO SUE ISD 197** and its employees and race organizers, **ISD No. 197 Educational Foundation and its Board of Directors** and I agree to **HOLD HARMLESS AND RELEASE** them for liability for **NEGLIGENCE**. This does not apply to claims for greater than ordinary negligence under Minn. Stat. 604.055. If the participant is a **MINOR**, I agree as the **PARENT/LEGAL GUARDIAN** to defend and indemnify ISD 197 and its employees and race organizers for their **OWN NEGLIGENCE** as to claims brought by the minor. I agree to the terms of this **RELEASE** on behalf of the minor participant and **RELEASE** on the minor's behalf under Minn. Stat. 604.055.

Signature: _____ **Parent's Signature (if under 18):** _____

Circle T-Shirt Size (Adult Sizes): XS S M L XL XXL or Youth S Youth M Youth L

I cannot participate this year, but I would like to make a contribution of \$_____ to the ISD 197 Educational Foundation.

The I.S.D. No. 197 Educational Foundation is a non-profit, 501(c)(3) organization, located in Mendota Heights, Minnesota. Warrior 5K proceeds will support educational opportunities for I.S.D. No. 197 students from Early Learning through Grade 12. For more information, please visit www.isd197foundation.org