

**The 27th Annual Woodbury Chamber Country Mile 2008**  
**Sunday, August 24, 2008**

**When**

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**Where**

Woodbury Lakes Lifestyle Center, 9000 Hudson Road, Woodbury. Take Radio Drive/County Road 13 Exit from Interstate 94. Go south on Radio Drive/County Road 13 to Hudson Road. Turn left on Hudson Road to Woodbury Lakes Lifestyle Center.

**Schedule**

- **5:45 a.m. to 6:30 a.m.** Pick up packets for half marathon and 5K events\*
- **7:00 a.m.** Half Marathon (13.1 miles)
- **7:10 a.m.** 5K Run (3.1 miles)
- **7:10 a.m.** 5K Leisure Walk
- **8:30 a.m. up until 9:30 a.m.** Red Carpet Diaper Dash (ages under two)
- **9:45 a.m.** Main Street Tot Trot (ages 2-4)
- **9:55 a.m.** Kids' One Mile Fun Run (ages 5-14)

Packet pick-up ends at **6:30 a.m.** for half marathon and 5K events. Packet pick-up for Kids events runs from 6:30 a.m. until ½ hour before race times. Races will begin promptly at times indicated. NOTE:

**There is no race day registration for any events except the Red Carpet Diaper Dash.**

\* See General Information Section for additional packet pick-up dates/times.

**Entry Fee**

Half Marathon: \$27 if postmarked by August 18, 2008; \$30 in person at Woodbury Lakes on Friday, August 22 and Saturday, August 23. 5K Run and 5K Leisure Walk: \$20 if postmarked by August 18, 2008; \$25 in person at Woodbury Lakes on Friday, August 22 and Saturday, August 23. One Mile Kids' Fun Run and Main Street Tot Trot: \$8. Red Carpet Diaper Dash: no cost. See the general information section for registration hours on Friday and Saturday. **There is no race day registration for any event except the Red Carpet Diaper Dash.** Make checks for entry fee payable to the Woodbury Chamber of Commerce and mail to: Woodbury Chamber of Commerce, 7650 Currell Blvd., Suite 360, Woodbury, MN 55125. **Mailed entries must be postmarked by Monday, August 18, 2008.**

**General Information**

Woodbury Country Mile mock turtleneck 100% cotton long sleeved shirts given to Half Marathon, 5K Run and 5K Leisure Walk participants. Woodbury Country Mile T-shirt and medals given to the first 150 registered for each of the Kids' One Mile Fun Run and Main Street Tot Trot events.

The Half Marathon and 5K Run will be timed using the ChampionChip electronic timing system. The race is run on a course utilizing both trails and road surfaces. There may be some short sections of gravel on the course. The race will be run within the boundaries of Radio Drive, St. John's Drive, Interstate 94 and Bailey Road. A map of the course will be available on the Chamber's web site at [www.woodburychamber.org](http://www.woodburychamber.org) by mid July. Splits read at one mile and at halfway point for Half Marathon. Water stops located throughout the course. Free refreshments and food after the race for participants.

Race packets for pre-registered participants can be picked up at Woodbury Lakes on Friday, August 22 from 11 a.m. to 7 p.m. and at Woodbury Lakes on Saturday, August 23 from 11 a.m. to 5 p.m. You can also register for the race in person at Woodbury Lakes on Friday, August 22 from 11 a.m. to 7 p.m. and at Woodbury Lakes on Saturday, August 23 from 11 a.m. to 5 p.m. The cost to register on those days is \$30 for the Half Marathon, \$25 for the 5K Run and 5K Leisure Walk. The cost for the Kids' One Mile Fun Run and Main Street Tot Trot is \$8. There is no charge for the Red Carpet Diaper Dash. **There is no race day registration except for the Red Carpet Diaper Dash.**

**Divisions**

*Half Marathon and 5K Run- Male/female in all divisions.*

Age 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+, Wheelchair, One age group for Race Walker Divisions in Half Marathon.

*Kids' One Mile Fun Run – Male/female in all divisions.*

Age 5-6, 7-8, 9-10, 11-12, 13-14.

**Awards**

*Half Marathon and 5K Run*

Trophy for first male and female runner overall; medals for first to third place in each age division.

*Kids' One Mile Fun Run*

Ribbons for first to third place in each division

**Results**

Results will be posted on [www.onlineraceresults.com](http://www.onlineraceresults.com) early evening on August 24.

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Participant waiver and release from liability

I acknowledge that the Woodbury Chamber Country Mile 1) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury or property loss and 2) is conducted on a road course that may contain vehicular traffic that could strike and kill or injure participants. I hereby assume the risks of participating in the Woodbury Chamber Country Mile on August 24, 2008.

I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns:

- a) I waive, release and discharge from any and all claims or liabilities for death or personal injury or damages of any kind, except that which is the result of gross negligence and/or wanton misconduct of persons or entities listed below, which arise out of or relate to my participation in the Woodbury Chamber Country Mile, the following persons or entities: the Woodbury Chamber of Commerce, the City of Woodbury, Woodbury Lakes Lifestyle Center and all other sponsors, volunteers, Washington County and the officers, directors, employees, representatives and agents of any of the above;
  - b) I agree not to sue any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein;
  - c) I agree to indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions;
  - d) I grant full permission to the persons or entities mentioned above to use any photographs, videotapes, motion pictures or any other record of this event for any purpose. I hereby affirm that I have ready this document and that I understand its contents.
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**I would like to register for the Woodbury Country Mile. Make checks payable to: Woodbury Chamber of Commerce.**

- Half Marathon Runner (\$27 if postmarked by 8/18 - \$30 on 8/22 and 8/23)
- Half Marathon Race Walker (no running) (\$27 if postmarked by 8/18 - \$30 on 8/22 and 8/23)
- 5K Run (\$20 if postmarked by 8/18 - \$25 on 8/22 and 8/23)
- 5K Leisure Walk (\$20 if postmarked by 8/18 - \$25 on 8/22 and 8/23)
- Kids' One Mile Fun Run (\$8)
- Main Street Tot Trot (\$8)
- Red Carpet Diaper Dash (Free)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender: Male: \_\_\_ Female: \_\_\_ Shirt Size (1/2 Marathon, 5K Run/Walk): S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Shirt Size: (Kids' Fun Run and Tot Trot): YXS \_\_\_\_\_ YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ YXL \_\_\_\_\_

I understand that I am responsible for the timing chip issued to me if applicable for the event. If I fail to return the ChampionChip upon race completion, I will be charged \$30 plus tax.

Chip # \_\_\_\_\_ (For chip owners only)

**My signature below affirms that I have read the entirety of this document and understand its contents particularly the "Participant waiver and release from liability".**

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

Parent signature (if participant is under 18)

**MAIL TO: Woodbury Chamber of Commerce, 7650 Currell Blvd., #360, Woodbury, MN 55125**