

# 13th SMU Trail Scamper – 5K Run/Walk

Saturday June 30th, 2018

**Times:** **5K run/walk** starts at 9:00 a.m.  
Packet pick-up and race-day registration are from 7:30-9:00 a.m. at Saint Yon's Hall on the Saint Mary's Campus.

**Location:** Race will be run through the bluffs of Saint Mary's University of Minnesota campus in Winona starting and finishing in Yon's Field.

**Directions:** To get to Saint Mary's University of Minnesota from Winona and Hwy 61, take Hwy 14 West. Go approximately one mile and turn left onto the main campus. Directions to Saint Yon's field and parking will be available at the Information Booth at the first stop sign on campus.

**Registration:** Pre-Registration is \$25 and registration on race day is \$30. There are two ways to pre-register:

- 1) Online at <http://www.active.com> or <https://runsignup.com> – Just type SMU Trail Scamper in the search box.

OR

- 2) Send registration and \$25 fee to address listed below prior to Friday June 22nd. Registration will be \$30 from July 23rd through race day.

Make Check payable to: **Saint Mary's University**

Send pre-registration to:

Saint Mary's University  
Attention: Ward Berndt  
700 Terrace Heights #62  
Winona, MN 55987

**Course:** The course will begin on Saint Yon's intramural field and will quickly head into the bluff trail system. It will finish back on Saint Yon's intramural field. The course is entirely grass and dirt trails. It is a challenging course with many hill ascents and descents and several tight corners. However, it is well shaded and a beautiful course to run. Course can be viewed at [http://saintmaryssports.com/documents/2016/9/6/TrailScamper5K\\_2016.pdf?id=3632](http://saintmaryssports.com/documents/2016/9/6/TrailScamper5K_2016.pdf?id=3632)

**T-Shirts:** T-Shirts will be provided to all participants. Those pre-registered will be guaranteed a T-shirt on race-day. All others will receive T-shirts on a first come- first serve basis or will be mailed their shirts after the race.

**Awards:** Awards will be given to the top overall male and female competitors and the top three finishers in each age category for males and females. Age categories are: 19 and under, 20-29, 30-39, 40- 49, 50-59, 60-69, 70 and over

**Additional Info:** Refreshments will be made available along the course and at the finish line. Parking is available in the campus parking lot. There will be bathrooms available in Saint Yon's Hall and showers available, after the race, in Gostomski Fieldhouse. (There may be some open lockers, but no locks, so please secure all valuables).

**Questions:** Contact Ward Berndt at 507-457-6614 or email at [wberndt@smumn.edu](mailto:wberndt@smumn.edu).

\*\*\* OFFICIAL REGISTRATION FORM \*\*\*

**Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_ **Gender:** M or F

**Address:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Shirt Size:** XS S M L XL

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Waiver:** "I assume all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, rough terrain, traffic conditions, and the effects of weather including high humidity, all such risks being known and appreciated by me. I acknowledge, agree, and represent that I understand the nature of the race and am qualified and in proper physical condition to run/walk it. I agree that if at any time I believe the conditions to be unsafe, I will immediately discontinue participation in the run/walk. In consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive, and release Saint Mary's University of Minnesota from all claims for injury, death, or property damage arising out of my participation even though said claim may arise out of negligence or carelessness on the part of the university or its representatives. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other records of me in this event for any legitimate purpose."

**Signature:** \_\_\_\_\_

(Parent or Guardian if under 18)