

AWARDS

Medals will be given to the 1st, 2nd, 3rd, 4th and 5th place finishers in each age category for the 1-Mile and 4-Mile run. Youth participating in the Shamrock Sprint will receive a participation prize.

FAMILY FITNESS WALK

Put your walking shoes on and bring your family and friends to walk the scenic trails through Rosemount neighborhoods. Choose the 1-Mile or 4-Mile walk. The event is **FREE**. Participants will receive refreshments and be eligible for the door prize drawing!

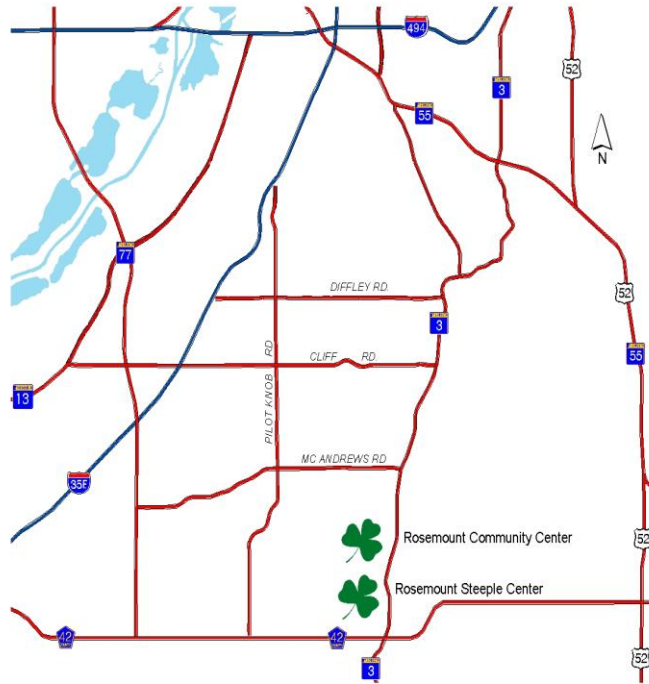
YOUTH SHAMROCK SPRINT

Youth ages 8 and under can participate in an exciting ½ Mile Fun Run. The participants will run ¼ mile, then turn around to finish the remaining ¼ mile. This event is **FREE** and every child participating will receive a souvenir prize! Pre-registration is not required, register the day of the event!

START TIMES

8:00 am 1-Mile Fun Run
8:05 am 1 & 4-Mile Fitness Walk
8:25 am 4-Mile Fun Run
8:30 am Mile Youth Shamrock Sprint

MAP TO LOCATION



LOCATION:

Rosemount Community Center
13885 South Robert Trail
Rosemount, 55068

For further information contact:
Rosemount Parks and Recreation
651-322-6000

TDD: 651-322-6032

Fax: 651-322-6080

E-mail: lisa.maurer@ci.rosemount.mn.us

Register Online at:

www.ci.rosemount.mn.us/parks



33RD ANNUAL ROSEMOUNT RUN FOR THE GOLD



YOUTH SHAMROCK SPRINT AND FAMILY FITNESS WALK

SATURDAY, JULY 20

1-Mile Run – 8:00 am

1 & 4-Mile Walk – 8:05 am

4-Mile Run – 8:25 am

Youth Shamrock Sprint – 8:30 am

2019 SPONSORS:



RUN FOR THE GOLD, YOUTH SHAMROCK SPRINT AND FAMILY FITNESS WALK

Go for the gold in the **33rd Annual RUN FOR THE GOLD**. We have events for the entire family! Choose the 1-Mile and/or 4-Mile run or the **FREE** ½ Mile Youth Fun Run or Family Fitness Walk. The run fee includes a t-shirt and refreshments.

RUN ENTRY FEE

(1-Mile and/or 4-Mile Run)

All paid runners will receive a T-shirt, refreshments and are eligible for door prizes.

PRE-REGISTRATION:

(Must be received by Noon on Tuesday, July 16th)

\$18.00 for ages 15 and older

\$14.00 for youth 14 and under

DAY OF REGISTRATION:

(Registration from 7:00 am – 7:45 am)

\$20.00 for ages 15 and older

\$15.00 for youth 14 and under



Register Online at:
www.ci.rosemount.mn.us/parks



LOCATION

Rosemount Community Center – 13885 South Robert Trail, Rosemount, 55068. The Rosemount Community Center is located on HWY 3/South Robert Trail approximately one mile north of the intersection of HWY 3 and County Road 42, just north of the Rosemount High School. The sign in the parking lot will say “Rosemount National Guard Training and Community Center.” See map on reverse side of page. Paved trails for run routes. **Course maps available at the event.**

1 & 4 MILE RUN AGE CATEGORIES

MALE

6 and under
7-8
9-10
11-12
13-14
15-19
20-29
30-39
40-49
50-59
60-69
70 and over

FEMALE

6 and under
7-8
9-10
11-12
13-14
15-19
20-29
30-39
40-49
50-59
60-69
70 and over

DAY OF REGISTRATION

7:00 am – 7:45 am

Register Online at:
www.ci.rosemount.mn.us/parks

REGISTRATION FORM - RUN for the GOLD – (Pre-Registration Deadline – Noon on Tues., July 16)

Name _____ Birthdate _____ Age _____ M _____ F _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Run option (Please circle one) 1 Mile Run 4 Mile Run Both 1 & 4 Mile Runs

T-Shirt (Please circle one) (Youth sizes) XS S M L XL XXL

I, the undersigned, parent/guardian or participant, do hereby agree to allow the individual(s) named herein to participate in the aforementioned activity (ies), and I further agree to indemnify, and hold the City of Rosemount harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, his/her participation in this activity.

Parent/Guardian (for youth under 18) or Participant Signature _____ Date _____

Make checks payable and send to: "THE CITY OF ROSEMOUNT", Attn: Parks and Recreation, 13885 S. Robert Trail, Rosemount, MN 55068.

PAYMENT IS CONFIRMATION OF REGISTRATION. No refunds.