



FOOT LAKE FOUR

WALK / RUN 2010

Hosted by Rice Memorial Hospital

Saturday, June 26, 2010

Race starts at 8:00 am

Packet pick-up from 6:30 - 7:45 am

Register online: www.ricehospital.com/race

The Foot Lake Four Walk/Run is one of the premier events that takes place each year during Willmar Fests. It is an event for the whole family and provides fun for all age groups and levels of participation.

Register early to guarantee a t-shirt, plenty of water and fruit, a soothing massage, and a ticket to the Firefighter's All-you-can-eat Pancake Breakfast.

USATF Course Certified

The USATF-certified 4-mile course starts and finishes at Rice Memorial Hospital. The 2010 Run will use electronic chip technology. Runners wear a chip that is used to time each individual's race. These times will be used to determine Race Awards.

Race Awards

Awards are presented for the top five finishing runners in each division listed below. The largest two combined running and walking teams will receive recognition as well.

Women's and Men's Divisions

12 and under, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

To Register

You can mail the completed and signed entry form on the back of this page, along with your registration fee payable to Rice Health Foundation, or, you can register online using a credit card at www.ricehospital.com/race. Additional copies of this form are available online.

On-time Registration Fees

Runners 13 and over—\$20
Runners 12 and under—\$15
All Walkers—\$15

On-time registration rates are accepted until 12:00 Noon on Monday, June 14, 2010.

Late Registration Fees

Runners 13 and over—\$25
Runners 12 and under—\$20
All Walkers—\$20

Late registration rates apply from 12:00 Noon on Monday, June 14, 2010, until 7:45 am on Race Day.

Register early to be guaranteed a race t-shirt according to the size noted on your entry form. T-shirt availability cannot be guaranteed for late entries.

No refunds.

Packet & Chip Pick-up

Walker and runner packets can be picked up on Race Day—Saturday, June 26, 2010, from 6:30 am to 7:45 am at the Willmar Ambulance Garage. Registration closes at 7:45 am.

Please allow enough time to pick up your packet.

Runner packets include an electronic chip that is used to time each individual's race. Chips are attached to shoes on laces or using a zip tie. All chips must be returned at the end of the race.

A \$30 fee applies if the chip is not returned.

Race Proceeds

The proceeds of the Foot Lake Four Walk/Run are used to promote Heart Health in west central Minnesota. In 2007 and 2008, Automated External Defibrillators were purchased and placed in businesses and organizations throughout the area. In 2009, the proceeds provided patients with scholarships for Cardiac Rehab services.

Parking and Safety

Parking is available at the Rice Hospital South Lot, and the city-owned lot west of the hospital. Please be aware that many city streets are blocked for the Willmar Fests Parade. Headphones and pets are not allowed on the course. Strollers are welcome.

Course Information

The course follows trails alongside beautiful Foot Lake and around scenic Robbin's Island on one of Willmar's famous walking and running paths. The course then passes over the foot bridge and winds back to the hospital. Water stops are provided at two locations on the route. Splits are at one, two, and three-mile marks.

Make checks payable to:

Rice Health Foundation

Mail form and check to:

Foot Lake Four Walk/Run
Rice Health Foundation
301 Becker Avenue SW
Willmar, MN 56201

2010 ENTRY FORM

One form per person—please complete all fields. Sign your entry form and enclose the correct registration fee.
Mail to: Rice Health Foundation, 301 Becker Ave. SW, Willmar, MN 56201

Name _____ E-mail _____

Address _____

City _____ State _____ Zip _____ Phone _____

Date of birth (required for all runners) _____ Group Name _____

Check one: Male Female

Check one: 4-mile Run 4-mile Walk

Circle one t-shirt size: Men's S M L XL XXL

Women's S M L XL XXL

Prior to 12 Noon on June 14, 2010 - check one:
(*Must be in the Foundation office by this date*)

- Runner, age 13 or older \$20
- Runner, age 12 or younger \$15
- Walker, all ages \$15

After 12 Noon on June 14, 2010 - check one:
(*Allow enough time for mail to reach our office*)

- Runner, age 13 or older \$25
- Runner, age 12 or younger \$20
- Walker, all ages \$20

Please read and sign (required for all runners and walkers):

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this race, and their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signature following:

Signature (Parent's signature if participant is under 18 years)



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Rice Health Foundation
Foot Lake Four Walk/Run
301 Becker Ave. SW
Willmar, MN 56201