

# Foot Lake 4

## WALK/RUN

Hosted by Rice Memorial Hospital

**SATURDAY, JUNE 24, 2017**

The Foot Lake Four Walk/Run is a fun event for the whole family that takes place each year during Willmar Fests. It is a four-mile, USATF-certified course that starts in downtown Willmar, winds along beautiful Foot Lake and the scenic trails of Robbins Island, then passes over the First Street bridge before returning to Rice Memorial Hospital.

Runners will be timed using electronic chips included inside each race bib. Water stops are provided at two locations along the route, and splits are available at the one, two, and three-mile marks. Bleachers are set up near the finish line at 2nd Street and Becker Avenue for spectators, family and friends.

Included in the race fee is a sport-tek t-shirt\*, free water and fruit, a soothing massage, and a ticket to the Firefighter's All-You-Can-Eat Pancake Breakfast.

\*T-shirt size availability not guaranteed for those registering on the same day as the race.

### REGISTRATION

Register online at [www.FootLake4.com](http://www.FootLake4.com), or fill out the registration form on the back of this race flyer. Paper registrations must be postmarked by June 16. Online registration closes at 11:59 pm Wed, June 21. No refunds.

<b>Runners - 13 and over</b>	<b>\$35</b>
<b>Runners - 12 and under</b>	<b>\$30</b>
<b>Walkers - all ages</b>	<b>\$25</b>

### DIVISIONS AND AWARDS

#### Men's Women's, and Children's Divisions

8 and under, 9-10, 11-12, 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+.

#### Prizes

The overall men's and women's winners each receive a grand prize Minnesota Twins Gift Card redeemable for Twins tickets, food and beverages at the game, or merchandise. They'll also receive a free race entry for 2018.

#### Commemorative Medal

First, second, and third place winners in all divisions will each receive a commemorative Foot Lake 4 race medal.

#### Largest Group

The largest team of runners or walkers will each receive commemorative medals for each team member.

### PROCEEDS

All proceeds from the Foot Lake 4 Walk/Run go to funding wellness initiatives in the community.

### PACKET PICK UP

Race packets can be picked up at the Willmar Ambulance Garage (Becker Avenue and 2nd Street) from 6:30am until 7:45am on race day.

Please allow enough time to pick up your packet!

For your convenience, race packets and bibs may also be picked up the day before the race on Friday, June 23 from 12pm-3pm in the Garden Court of Rice Memorial Hospital (main entrance, lower level).

### DATES TO REMEMBER

6/16/2017	Last day to postmark paper registrations.
6/21/2017	Online registration closes, 11:59 pm.
6/23/2017	Early packet/bib pick-up, 12pm-3pm, Rice Hospital Garden Court.
6/24/2017	Same day registration, Willmar Ambulance Garage, 6:30am - 7:45am. Race starts at 8am sharp!



Hosted by Rice Memorial Hospital  
Willmar, Minnesota

## 2017 ENTRY FORM

One form per person—please complete all fields. Sign your entry form and enclose the correct registration fee.  
**Must be postmarked by June 16, 2017.**

**Mail to: Rice Health Foundation, 301 Becker Ave. SW, Willmar, MN 56201**

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Date of birth (required) \_\_\_\_\_ Age on June 24, 2017 \_\_\_\_\_ Group Name (if applicable) \_\_\_\_\_

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

Youth M L

Runner, age 13 or older **\$35**

Runner, age 12 or younger **\$30**

Walker, all ages **\$25**

### ONLINE REGISTRATION

Sign up online at [www.FootLake4.com](http://www.FootLake4.com)  
(Online registration ends June 21, 2017)

### SAME DAY REGISTRATION

Participants can sign up on race day, June 24, 2017  
Willmar Ambulance Garage, 6:30 am - 7:45am

*\*T-shirt size availability not guaranteed for same-day registration*

### 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)