



It's for Runners

It's for Walkers

It's for Heart Health!

15th Anniversary Fitness Fun for Everyone

Saturday, June 27, 2009 at 8:00 am

Registration Includes

- Choose to Run or Walk the 4-mile Course
- All-you-can-eat Firefighter's Pancake Breakfast
- Refreshments * Soothing Massage
- 15th Anniversary Foot Lake 4 T-Shirt
(A T-shirt is guaranteed with on-time registration)
- More than 150 awards and prizes
- Special 15th Anniversary Contests and Prizes!**

On-time registration fees:

Runners 13 and over \$18
Runners 12 and under \$15
All Walkers \$15

On-time registration rates are accepted until
12:00 Noon on Monday, June 15, 2009.

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 June 15 until 7:45 am on Race Day.

Foot Lake 4 is a Fundraiser for Heart Health in our Community

For details and to register, go to www.ricehospital.com/race