



# Foot Lake Four News Flash

May 1, 2009 ☺ Willmar, MN ☺ [www.ricehospital.com/race](http://www.ricehospital.com/race)

**More than 150 awards will be presented to runners and walkers at the 15th Anniversary Celebration!**

## Award Categories for Runners

### Women's Division

- Overall winner
- 1st place, 2nd place, 3rd place, 4th place, and 5th place in each of the following age categories:
  - 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

### Men's Division

- Overall winner
- 1st place, 2nd place, 3rd place, 4th place, and 5th place in each of the following age categories:
  - 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

## 15th Anniversary Contests for Walkers

In the spirit of the 15th anniversary of Foot Lake 4, the Planning Committee will award prizes (this year only) to winners in the following categories. To qualify, walkers must check in with the Walk Director on Race Day, no later than 7:45 am, and complete the course route. Allow enough time to be judged prior to the starting time of 8:00 am. The Walk Director will award prizes after the runner awards presentation, at about 9:45 am.

- The walker wearing the best jersey with the number 15 on it
- The walker wearing the best heart-themed costume
- The oldest walker (provide driver's license)
- The grandparent walking with the most grandkids (your grandkids need to vouch for you!)
- The walker wearing the oldest Foot Lake 4 T-shirt (be the first to check in)



## Award Categories for Runners and Walkers

- The largest running team
- The largest walking team
- 15 random prizes of \$15

**MUST BE PRESENT TO WIN AWARDS AND PRIZES**