



# FOOT LAKE FOUR

## WALK/RUN 2009

Register online: [www.ricehospital.com/race](http://www.ricehospital.com/race)



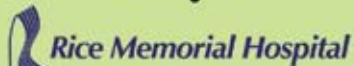
### Saturday, June 27, 2009

Race starts at 8 a.m.

Packet pick-up from 6:30-7:45 a.m.

Proceeds are used to promote Heart Health in West Central Minnesota

This race is part of the Glacial Lakes Championship Running Series



301 Becker Avenue SW  
Willmar, Minnesota

Brochures provided compliments of Lakeside Press



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## 2009 ENTRY FORM

Check one:  
4 mile walk \_\_\_\_\_  
4 mile run \_\_\_\_\_

Date of Birth \_\_\_\_\_  
*(required for all youth and runners)*

BIB# \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
 Male  Female

Please sign. 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)

Circle one t-shirt size:  
Men's: S M L XL XXL  
Women's: S M L XL XXL  
Fees: **Prior to 12 noon on June 15, 2009:**  
Runners age 13 and over \$18 ■ Runners age 12 and under \$15 ■ All Walkers \$15.  
**After 12:00 Noon on Monday, June 15, 2009:**  
Runners age 13 and over \$25 ■ Runners age 12 and under \$20 ■ All Walkers \$20.

If you are walking or running as a team, mail all registrations together and complete the following:

Make Checks Payable to: RMH - Foot Lake 4  
Mail to: Rice Health Foundation  
301 Becker Avenue SW, Willmar, MN 56201  
or register online: [www.ricehospital.com/race](http://www.ricehospital.com/race)

Team name or team captain \_\_\_\_\_

Number in team \_\_\_\_\_

**Sorry, No Refunds**

Rice Health Foundation  
Rice Memorial Hospital  
301 Becker Avenue SW  
Willmar, MN 56201

The Foot Lake 4 Walk/Run is one of the premier events that takes place each year during Willmar Fests. It is designed to provide fun and safety for all age groups and levels of participation. The Foot Lake 4 is an event for the whole family.

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

### 4-MILE WALK / RUN - USATF COURSE CERTIFIED

The USATF-certified 4-mile course starts and finishes at Rice Memorial Hospital. The **2009 Run will be timed using 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.

### 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.

### RACE AWARDS

Awards are presented for the top five finishing runners in each division. The largest running team and the largest walking team will each receive recognition. Please see our website for special 15th anniversary contests.



For more information please contact Pat Berg  
Foot Lake 4 Chairperson, at (320) 231-8941  
or by e-mail at [pber@rice.willmar.mn.us](mailto:pber@rice.willmar.mn.us)

### TO REGISTER

There are two ways to register. You can mail the completed and signed entry form on the back of this brochure, along with your registration fee payable to RMH - Foot Lake 4, to:

Foot Lake 4  
Rice Health Foundation  
Rice Memorial Hospital  
301 Becker Avenue SW  
Willmar, MN 56201  
Or, you can register online  
at [www.ricehospital.com/race](http://www.ricehospital.com/race)  
using a credit card.



### 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:

**(AFTER 12:00 NOON ON MONDAY, JUNE 15)**

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

**These registration rates apply from 12:00 Noon on Monday, June 15, 2009 until 7:45 a.m. on Race Day.**

Register early to be guaranteed a race T-shirt according to the size noted on the entry form. T-shirt availability cannot be guaranteed for late entries. Additional registration forms are available online or at Rice Memorial Hospital. To register as a team, please mail all team member entries together. **No Refunds.**

### PACKET & CHIP PICK-UP

Walker and runner packets can be picked up on Race Day – Saturday, June 27, 2009, from 6:30 a.m. – 7:45 a.m. at the Willmar Ambulance Garage. Registration closes at 7:45 a.m. – please allow enough time to pick up your packet. Runner packets contain 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. \$30 fee if chip is not returned.**

### RACE PROCEEDS

The proceeds of the Foot Lake 4 Walk/Run promote Heart Health in West Central Minnesota. In 2007 and 2008, nine Automated External Defibrillators (AEDs) were purchased with the proceeds and placed in businesses and organizations throughout the area.

### PARKING AND SAFETY

Parking is available at the Rice Memorial 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. For participant's safety, 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.

