

2011 Wild Rice Days Family Fun Run/Walk



Saturday, September 3

\$8 t-shirt pre-registration fee

Participants will have the option to participate in the untimed 5k walk, 5k run or 1 mile walk.

7:45 – 8:15am	Registration/Check In at McGregor Dairy Queen parking lot * T-shirts (for those pre-registered) and gift bags
8:15am	Exciting Introduction and Group Stretches
8:30am	5k Run/Walk
8:32am	1 Mile Run/Walk

The Family Fun Run/Walk is open to all ages and abilities. This is a family friendly event encouraging lifelong fitness and FUN for all. Get out and enjoy the spirit and excitement of the McGregor community as we kick off the festivities with the Family Fun Run/Walk. August 19th is t-shirt pre-registration deadline. You may register for free the day of the event, but you will not receive a t-shirt.

Sponsored by Riverwood McGregor Clinic and McGregor Community Education

Mail completed entry form and \$8 pre-registration t-shirt fee **by August 19** to:
McGregor Community Education, PO Box 160, McGregor, MN 55760
Make checks payable to ISD #4. For questions you may call 218.768.2111 x233

Name _____

Address _____

City _____ State/Zip _____ Age _____

Phone _____ Email _____

Circle T-Shirt Size: **Adult:** S M L XL XXL XXXL **Youth:** S M L XL

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all claims I might have against the McGregor Area Chamber of Commerce, the walk director, and any and all other sponsors, and their representatives, successors, assigns, employees, members, that will participate in this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for any legitimate purpose.

Participant Signature

Parent/Guardian Signature (if under 18)