



23rd Annual **Fun Run & Walk**

3K Run • Kids 1K Run • 3K Walk

July 4, 2011 Hettinger, ND

Registration: 6:30 a.m. - 7:15 a.m. in Mirror Lake Park

Entry Fees: \$15 thru June 19; \$20 June 20 thru July 4.
Only registrations received by June 19 are guaranteed a t-shirt on race day!

Start Times: 7:30 a.m. - Kids 1K Run (11 & under)
8:00 a.m. - 3K Run/3K Walk

- Awards:**
- Kids 1K Run: ages 8 & under, 9-11
 - Youngest Overall 1K Runner
 - Youngest Walker
 - 1st Place 3K Run by age: **Male & Female** 12-16, 17-29, 30-49, 50 & over.
 - Fastest Overall Male & Female 3K Runner
 - Clydesdale 3K Run (*for individuals over 200 lbs.*)
 - Most Senior Walker
 - Most Senior Runner
 - Family Participation (*for most pre-registered family members*)

Refreshments: Provided after the race courtesy of Jack & Jill, Kennedy's Fresh Foods & Pepsi.



Fun Run & Walk Sponsors:

**Black Hills Neurosurgery & Spine • Eye Clinic of North Dakota • Hands on Health, Inc.
 Integrated Companies, Inc. dba CPI Group • Jack & Jill • Kennedy's Fresh Foods
 Montana-Dakota Utilities Co. • Northern Improvement Co. • Pagel Distributing/Cass Clay
 Pathology Consultants, P.C. • Pepsi • RZ Motors, Inc. • St. Alexius Medical Center Prime Care
 Stippich Inc. • The Bone & Joint Center, P.C. • Twin City Roofing • Vogel Law Firm, LTD**

Upon submitting this entry form, I waive any and all rights and claims for myself, heirs and assigns for any personal and/or property damage I may have against the sponsors, organizers, agents, or anyone acting in their behalf for the organization of this event. The entry form will also authorize the release of my name and photo to the media.

PLEASE print or type an entry for *each* participant.
For additional participant listings - see back.

(PLEASE ✓ your event.)

Name _____

Running or Walking Under Family Name of: _____

Address _____

City/State/Zip _____

E-mail _____

Circle T-Shirt Size:

S M S M L XL XXL
 (youth 6 - 8) (youth 10 -12) (34-36) (38-40) (42-44) (46-48) (50-52)

Events: 3K Walk 3K Run

Clydesdale 3K Run Kids 1K

Phone _____ Sex: M F

Age (as of 7/4/11) _____

Total Registration Fee \$ _____
(\$15 thru June 19; \$20 June 20 thru July 4)

Entry fees are payable to West River Health Services. Submit completed form to:
Mary LeFebre, **Fun Run & Walk**, West River Health Services, 1000 Highway 12,
Hettinger, ND 58639 For additional information visit www.wrhs.com

