

BENEFITS HEALTH

Isle Fitness Center • Mille Lacs Health System Auxiliary • Isle Fire Department

8th Annual



5K • 10K • 1 Mile Family walk
Along beautiful Lake Mille Lacs

Mille Lacs Fun Run/Walk Saturday, July 9th 2011 Isle Lakeview Park

Welcome to the 8th annual Mille Lacs Fun Run. This event is to take place rain or shine at the Isle Lakeview Park. Awards will be given to the top three male and female runners in each age category. This is a timed event.

Agenda - Saturday

7 am: Registration Open

7:30 am: Buses to begin loading

8:15 am: Races Start

9:30 am: Medal Ceremony

With your race registration you will receive a short sleeve T-Shirt and race bag with goodies. Water will be supplied along the route and after the race along with fruit and cookies.

Again this year - A 1 mile family walk. Encourage those who cannot attend the event to become a spirit walker. Join in on the spaghetti dinner on Friday night.

Directions to the race. Just 90 miles N. of the Twin Cities and only 50 miles from Brainerd or 60 miles from St. Cloud. If arriving from Hwy 169, go East on Hwy 27 and follow until you reach Isle. Lakeview Park is located in Isle, on Main Street across from the IREC Building. Watch for signs. Questions: Call 612-369-2444 or 320-676-1050.

Registration for the race. You are encouraged to participate in either the 5K run/walk, 10K run or 1 mile walk. Individuals will be bused from Isle Lakeview Park to the starting lines N. of Isle and run along a safe and scenic route - ending at Isle Lakeview Park. Race route signs will be posted as well as individuals calling time and water stops. Please walk/run with common sense. **Early check-in available on Friday, July 8th at 6pm at BeLa's in Wahkon.**

Fees by June 30th are \$20 for adults and \$15 for 18 & under. After June 30th fees increase to \$25 for adults and \$20 for 18 & under. T-Shirts can't be guaranteed for registration after June 30th. Email: millelacsfunrun@hotmail.com

Detach and return completed registration form & entry fee to:
Mille Lacs Fun Run C/O Genal Heinsen • PO Box 192 • Isle, MN • 56342

Again this year - Spaghetti Dinner at BeLa's in Wahkon. Friday, July 8th from 5:30p-7p. Only \$6 for registered participants of the Fun Run. Come to BeLa's and pick up your race packet and pack in some carbs!

If interested check this box when sending in your race



Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____ Age: _____

Circle One each: Event: 5K Walk/Run 10K Run 1 Mile Walk

Age Category: under 16 17-29 30-39 40-49 50-59 60+

Gender: Male Female **T-Shirt size:** S M L XL XXL

I understand that walking/running can be potentially hazardous sports and I hereby, at my own risk, enter this event. I, my estate, and my heirs, waive any claim for damages or injuries that I may incur as a result of my participation in this event, against any sponsors, volunteers, employees or officials. I understand that I am to run with courtesy, caution and common sense. I know that this run is held rain or shine and that registration refunds will not be made. 10K runners must maintain a 14 minute mile. Course will not be manned after 10 am.

Signature: _____