

FROST FEST

Saturday, November 28, 2009

5K Fun Run/Walk starts at 9:00 am

Registration and packet pick-up begins at 8 a.m. at The Ambulance Garage
(located south of The Ranch House, Baudette)

Awards to top three in each of seven age groups

Awards ~ Long-sleeve Tees ~ Door Prizes ~ Post-Race Refreshments

5K Entry Fee: \$20 postmarked by Nov. 23 (\$25 after deadline)

MAIL CHECKS PAYABLE TO: LRHF, memo: Frost Fest 5K

Mail to: LakeWood Regional Healthcare Foundation Frost Fest 5K
600 Main Avenue South
Baudette, MN 56623

Questions may be directed to Tanya Hasbargen at 218-634-3486 or
via e-mail to: tanyahasbargen@catholichealth.net

Name: _____

Address: _____

City _____ **State/Prov** _____ **ZIP/Postal Code** _____

Phone () _____ **Age Race Day** _____ **Gender** _____

Circle T-Shirt Size: **Small** **Medium** **Large** **X-Large** **2X-Large**

I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation in the event. I also agree not to hold any and all participating sponsors or directors responsible for any claims. I verify I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this 3.1-mile run/walk.

SIGNATURE _____ **DATE** _____

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 _____

The Frost Fest 5K Fun Run/Walk is sponsored by the following two organizations:
LakeWood Regional Healthcare Foundation & the Lake of the Woods Ambulance Service.
Proceeds benefit LOW Ambulance Service's Type 2 Patient Transporter fundraiser.
www.lakewoodhealthcenter.org www.lakeofthewoodsmn.com