



## 2016 Fall Fest 5K Run/Walk

### REGISTRATION FEES:

Youth (Ages 15 & under): \$22

Students/Adults (Ages 16+): \$25

*T-shirts guaranteed to all participants that are registered by September 12th*

### THE EVENT:

Don't miss an opportunity for a FALL (cooler and less humid) 5K for runners and walkers of all ages and experience! **If you are looking for competition**, the 5K is gun-pull tag timed and there are awards for the top three overall male and female runners as well as for the top three finishers in each male/female age group. **If you have a younger runner**, we have age friendly groupings and a reduced price. **if you are a walker**, then this is a great way to enjoy a walk through the city streets of Sauk Rapids, and, our late September date should provide some nice fall colors to view!

### FALL FEST 5K MALE AND FEMALE AGE GROUPS

12 and under

13-15

16-19

20-29

30-29

40-49

50-59

60 and over

### COURSE INFORMATION COMING SOON

### THE SCHEDULE:

Online registration closes at 11:59 PM on September 22nd.

Downloadable registration to print off, fill in and get to the church office

Same Day Registration and Check in starts at 8:30 AM on September 24th.

5K starts at 10:00 AM

Awards and door prize drawings to follow run/race.

**When the run/walk is over, you are most welcome to stay for the LWLC church Fall Fest that includes food off the grill (a great post race lunch), live music, a bake sale, silent auction, kids games and more! Make it a day! We look forward to seeing you all on September 24th.**