

Living Waters Lutheran Church 1911 4th Avenue North Sauk Rapids, MN 56379

LWLC Fall Fest 5K Run/Walk

Living Waters Lutheran Church Fall Festival

SATURDAY, Sept. 24, 2016

10:00 AM: 5K Walk/Run Check In/Day of Registration Begins at 8:30 AM!

5K race fees: 15 yr old & under \$22 16 yr old & over \$25 (Your age on race day.)

Registrations must be received by LWLC by Sept 12 to guarantee a T-shirt. Same day registration begins at 8:30 am on 9/24, but does not guarantee a T-shirt.

PLEASE submit one registration form per runner. You MAY combine the total cost of all registrations in a single payment if sending in multiple registrations at one time.

Race (check one):	5K Run/Walk 15 yr old & under(\$22.00)	
	5K Run/Walk 16 yr old & over (\$25.00)	
Name:		Male / Female (circle one)
Email:	Phone #:	
Address:	City/State/Zip:	
Age on race day:	(Medals to overall Male and Female winners & top three in age groups)	
T Shirt Size (circle one)	: Youth: S M L XL Adult: S	M L XL 2XL
TOTAL AMOUNT PAID: (checks payable to: Living Waters Lutheran Church (Forms and payment mailed to: Fall Fest 5K, LWLC, 1911 4 th Ave. N., Sauk Rapids, MN 56379)		
hold free and harmless Living and all liability for injuries to n result of participation. My exe event as verified by a licensed photographs of me participation	LWLC Fall Festival 1k/5k Run/Walk is potentially Waters Lutheran Church, and any sponsors or or ene and/or my under age 18 participant, my propert ecution of this release form verifies that I am physi medical doctor. I understand and agree that any ing in this event for publicity/promotional purposes is non-refundable. I further understand that the r	ganizers/employees of this event from any y, or wrongful death that I may accrue as a cally fit and sufficient to compete in this sponsor may use my name and/or s without any obligation to me. I further
Participant Signature:		Date:
Parent/Guardian Sign/Date Here	e if Participant is Under 18:	<u> </u>

Race information on the back!

http://www.lwlcmn.org/2016-lwlc-fall-fest-5k-runwalk1.html Questions/Need more information? Please email plraduns@gmail.com or call 320-309-7448. Proceeds of event sponsor LWLC programs.

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.