



THIS RACE WILL BE CHIP TIMED!

# Relay For Life 5K Fun Run/Walk Saturday, July 30, 2016 5K starts at 8:30 p.m.

Registration/bib pick-up starts at 7:30 p.m. at **Lake of the Woods County Fairgrounds**  
*The 2016 Relay for Life 5K race is sponsored by the LakeWood Regional Healthcare Foundation*

**5K fun run/walk registration** and bib pick-up begins at **7:30 p.m. on Saturday, July 30** at **Lake of the Woods County Fairgrounds** located in Baudette, MN on County Road 1. Medals awarded for top three in each of seven age groups, male and female. *The current plan is for the race to begin and finish at Lake of the Woods County Fairgrounds, the route will be using the highway, bike path and gravel road, but this is subject to change due to road construction projects – please provide an email for updates.*

**T-shirts are guaranteed to racers who are pre-registered by Friday, July 15, 2016.**

If you are not pre-registered you are not guaranteed a t-shirt and/or shirt size– race fee will be the same with or without a shirt.

**Child participants:** If a child is in a stroller, no entry fee is required. All participants, including children, who are walking or running in the race, are required to pay the entry fee. Bicycles and rollerblades are not permitted on the race route.

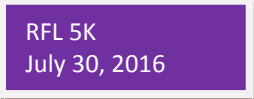
**5K ENTRY FEE: \$25.00** (no refunds unless race is cancelled).

Questions may be directed to 218-634-3486 or jaimeboretski@catholicealth.net

Online registration forms at **www.baudettelakeofthewoodschamber.com**

**CHECKS PAYABLE TO:** American Cancer Society

**MAIL TO:** LakeWood Regional Healthcare Foundation 600 Main Ave. S., Baudette, MN 56623



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State/Prov:** \_\_\_\_\_ **ZIP/Postal Code:** \_\_\_\_\_

**Phone:** (    ) \_\_\_\_\_ **Age Race Day:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Email for race updates and results:** \_\_\_\_\_

**Circle T-Shirt Size:**

**Youth Medium - Adult Small - Adult Medium – Adult Large - Adult X/Large - Adult 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. I hereby authorize photographs taken of me at this event, and my name for use in the printed publications and online media.

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**SIGNATURE OF PARENT/GUARDIAN IF UNDER 18** \_\_\_\_\_