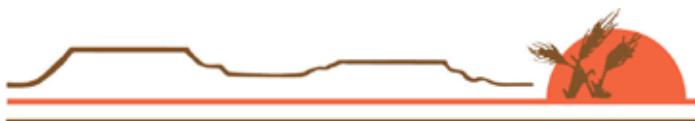


West River Health Services



21st Annual Fun Run & Walk

3K Run • Kids 1K Run • 3K Walk

July 4, 2009 Hettinger, ND

Registration: 6:30 a.m. - 7:15 a.m. in Mirror Lake Park

Entry Fees: \$15 thru June 19; \$20 June 20 thru July 4.
Only registrations received by June 19 are guaranteed a t-shirt on race day!

Start Times: 7:30 a.m. - Kids 1K Run (11 & under)
8:00 a.m. - 3K Run/3K Walk

- Awards:**
- Kids 1K Run: ages 8 & under, 9-11
 - Youngest Overall 1K Runner
 - Youngest Walker
 - 1st Place 3K Run by age: **Male & Female** 12-16, 17-29, 30-49, 50 & over.
 - Fastest Overall Male & Female 3K Runner
 - Clydesdale 3K Run (*for individuals over 200 lbs.*)
 - Most Senior Walker
 - Most Senior Runner
 - Family Participation (*for most pre-registered family members*)



Refreshments: Provided after the race courtesy of Jack & Jill, Kennedy's Fresh Foods & Pepsi.

Fun Run & Walk Sponsors:

Beazley Engineering • Capital City Construction, Inc. • Pagel Distributing/Cass Clay
 Electric Systems Inc. • Eye Clinic of North Dakota • Hands on Health
 Integrated Companies, Inc. dba CPI Group • Jack & Jill • Kennedy's Fresh Foods • Neurosurgical &
 Spinal Surgery • Northern Improvement Co. • Olson Family Reunion • Pathology Consultants, P.C.
 Pepsi • Robert Gibb & Sons Inc. • Runners's World Magazine • St. Alexius/Prime Care
 Twin City Roofing • LLC Jiran Architects & Planners, P.C. • RZ Motors • Uecker Yards, Inc.

Upon submitting this entry form, I waive any and all rights and claims for myself, heirs and assigns for any personal and/or property damage I may have against the sponsors, organizers, agents, or anyone acting in their behalf for the organization of this event. The entry form will also authorize the release of my name and photo to the media.

PLEASE print or type an entry for *each* participant.
For additional participant listings - see back.

(PLEASE ✓ your event.)

Name _____

Events: 3K Walk 3K Run

Running or Walking Under Family Name of: _____

Clydesdale 3K Run Kids 1K

Address _____

City/State/Zip _____

Phone _____ Sex: M F

E-mail _____

Age (as of 7/4/09) _____

Circle T-Shirt Size: M S M L XL XXL
(youth 10 -12) (34-36) (38-40) (42-44) (46-48) (50-52)

Total Registration Fee \$ _____
(\$15 thru June 19; \$20 June 20 thru July 4)

Entry fees are payable to West River Health Services. Submit completed form to:
Mary LeFebre, **Fun Run & Walk**, West River Health Services, 1000 Highway 12,
Hettinger, ND 58639 For additional information visit www.wrhs.com



WEST RIVER HEALTH SERVICES

1000 HIGHWAY 12 • HETTINGER, ND 58639-7530 • 701-567-4561



**Race Day
July 4**

Sample	49	F	3K Run	S
Name	Age	Sex	Event	T-Shirt Size

Name	Age	Sex	Event	T-Shirt Size
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Name	Age	Sex	Event	T-Shirt Size
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Name	Age	Sex	Event	T-Shirt Size
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Name	Age	Sex	Event	T-Shirt Size
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Name	Age	Sex	Event	T-Shirt Size
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Name	Age	Sex	Event	T-Shirt Size
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