



## DIVISIONS AND AWARDS

### Men's Women's, and Children's Divisions

8 and under, 9-10, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

### Prizes

The overall men's and women's winners each receive a grand prize and a free race entry for 2020.

### Commemorative Medal

First, second, and third place winners in all divisions will each receive a commemorative Foot Lake 4 race medal.

### Largest Group

The largest team of runners or walkers will each receive commemorative medals for each team member.

## SATURDAY, JUNE 22, 2019

The Foot Lake Four Walk/Run is a fun event for the whole family that takes place each year during Willmar Fests. It is a four-mile, USATF-certified course that starts in downtown Willmar, winds along beautiful Foot Lake and the scenic trails of Robbins Island, then passes over the First Street bridge before returning to Rice Memorial Hospital.

Runners will be timed using electronic chips included inside each race bib. Water stops are provided at two locations along the route, and splits are available at the one, two, and three-mile marks. Bleachers are set up near the finish line at 2nd Street and Becker Avenue for spectators, family and friends.

Register early to guarantee a race t-shirt! Race extras include free water and fruit, a soothing massage, and a ticket to the Firefighter's All-You-Can-Eat Pancake Breakfast.

## REGISTRATION

Register online at [www.FootLake4.com](http://www.FootLake4.com), or fill out the registration form on the back of this race flyer. Online registration closes at 11:59 pm Tues, June 18, 2019. No refunds.

**Early Bird pricing is valid until 11:59 pm on Friday, June 7, 2019. T-shirt sizes and availability are not guaranteed after the June 7th deadline!**

	THROUGH JUNE 7	STARTING JUNE 8	RACE DAY
Runners - 13 and over	\$25	\$35	\$45
Runners - 12 and under	\$20	\$30	\$40
Walkers - all ages	\$15	\$25	\$35

## PROCEEDS

All proceeds from the Foot Lake 4 Walk/Run go to funding wellness initiatives in the community.

## PACKET PICK UP

Race packets can be picked up at the Willmar Ambulance Garage (Becker Avenue and 2nd Street) from 6:30am until 7:45am on race day.

Please allow enough time to pick up your packet!

For your convenience, race packets and bibs may also be picked up the day before the race on Friday, June 21 from 12pm-5:30pm at the Willmar Ambulance Garage.

## DATES TO REMEMBER

- 6/5/2019 Last day to postmark paper registrations.
- 6/7/2019 Deadline for early bird pricing and a guaranteed t-shirt, 11:59 pm.
- 6/18/2019 Online registration closes, 11:59 pm.
- 6/21/2019 Early packet/bib pick-up, 12pm-5:30pm, Willmar Ambulance Garage.
- 6/22/2019 Same day registration, Willmar Ambulance Garage, 6:30am - 7:45am. Race starts at 8am sharp!



## 2019 ENTRY FORM

One form per person—please complete all fields. Sign your entry form and enclose the correct registration fee.

Mail to: Rice Health Foundation, 301 Becker Ave. SW, Willmar, MN 56201

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Date of birth (required) \_\_\_\_\_ Age on June 22, 2019 \_\_\_\_\_ Group Name (if applicable) \_\_\_\_\_

Check one:  Male  Female

Check one:  4-Mile Run  4-Mile Walk

Circle one t-shirt size: Men's S M L XL XXL

Women's S M L XL XXL

Youth S M L

### EARLY BIRD REGISTRATION

By 11:59 pm on Friday, June 7, 2019  
(Payment must arrive in our office by this date)

- Runner, age 13 or older \$25
- Runner, age 12 or younger \$20
- Walker, all ages \$15
- Child in stroller t-shirt \$10. Circle one size: Youth S M L

### ONLINE REGISTRATION

Sign up online at [www.FootLake4.com](http://www.FootLake4.com)  
(Online registration ends June 18, 2019)

### SAME DAY REGISTRATION

Participants can sign up on race day, June 22, 2019 at the Willmar Ambulance Garage from 6:30 am - 7:45 am.  
\*T-shirt size availability not guaranteed for same-day registration

### Please read and sign (required for all runners and walkers):

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this race, and their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signature following:

\_\_\_\_\_  
Signature (Parent's signature if participant is under 18 years)