SUBURBAN HEALTH CLUB

1ST NATIONAL BANK of Cold Spring

# FAMILY FUN RUN & FALL FESTIVAL

**Saturday**
**Sept. 19, 2009**

**Suburban Health Club**
**Hwy 23, Between**
**St. Cloud & Cold Spring, MN**

**Fun for the Whole Family!**

**Concessions, Games**
**Farmers Market**
**& More**

**9AM: Kid's 1K**
**10AM: 5K Walk/Run**
**8AM: Registration Begins**
**•Kid's 1K is a free event**
**•5K - Adults: $18/$15 if reg. by 9/11/09 Students: $15/$10 if reg. by 9/11/09**
***Daycare available during race**

**Hey Students**
**Win $ for College!**
**Scholarships will be awarded to the top 5K runners in youth divisions. In addition—All youth participants are eligible to win drawings for additional scholarships and savings bonds!**

**Awards/Prizes:**

- Awards to top male and female runners in each age category.
- Participation prize for 1K & 5K (not guaranteed if not pre-registered).
- Refreshments provided at finish line.

For more information or to register call: (320) 251-3965
Additional forms available at Suburban Health Club, 1st National Bank of Cold Spring or at www.suburbanhealthclub.com

Mail form and entry fee to:

Suburban Health Club
Attn: 5K
10081 Co. Rd. 138
St. Cloud, MN 5601

Gender: Age:
M F _____

☐ 5K
☐ Kid's 1K

Name _____
Address _____
Phone _____
E-Mail _____

As an entrant in this event, I assume complete responsibility for any injury to me or damage to my property which may occur during the event, or otherwise. I assume all risks associated with the event. I agree not to hold any representative of the run, or Suburban Health Club responsible for injury.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____