

**SPONSORS OF THE  
FLEX FITNESS  
EAST BETHEL  
BOOSTER DAY 5K & Kids 1K**

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*Proceeds from the Booster Day  
5K & 1K FUN Run/Walk  
Will be donated to the  
Booster Day Committee for future  
Booster Day celebrations and  
Boy Scout Troop 733.*

Booster Day 5K Fun/Run Walk  
C/O Michelle Anderson  
22861 Unity St. NW  
Bethel, MN 55005

**2nd Annual Kids 1K!**

**Bring your children to  
East Bethel Booster Park for  
A Kids 1K around the pond!**

The 1K is designed for Kids 12 and under.  
Depending on the number of entries will  
determine the number of heats that will  
Take place for the 1K.

Each participant will receive a medal  
of participation!



**East Bethel  
Booster Day  
July 20<sup>th</sup>, 2013  
5K &  
Kids 1K**

## REGISTRATION

**\*\*This Waiver Must Be Signed \*\***

Registration for:  Kids 1K OR  5K  
Gender:  Female  Male

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_

E-Mail \_\_\_\_\_

Emergency Contact and Contact Phone # \_\_\_\_\_

**T-shirt Size: S M L XL XXL**

(Note 1K Registration does not include a t-shirt)

Please circle the previous year's you have participated in the  
Booster Day 5K:

4<sup>th</sup> -2012 3<sup>rd</sup>-2011 2<sup>nd</sup>-2010 1<sup>st</sup>- 2009

### WAIVER Must be Signed

In consideration of the acceptance of my entry, my executors, administrators, and assignees do hereby release and discharge the 5K Race Committee, sponsors, organizers of the Booster Day event; the East Bethel Seniors, their officials and members of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 5K Walk FUN RUN or 1K in East Bethel, July 20th, 2013. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event, I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without remuneration or obligation to me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

(Parent /Guardian Signature needed if under 18)

5K Pre-registration fee - \$20.00 (\$25.00 after July 1st)

1K Pre-registration fee - \$5.00 (\$7.00 after July 1st)

Make check payable to: **Booster Day 5K**

Drop registration and check off at Flex Fitness during staffed hours. Or mail check and this entry form to:

**Flex Fitness**

P.O Box 188

East Bethel, MN 55011

## \*EARLIER START TIME FOR 2013!\*

### INFORMATION

#### Registration Procedures:

**5K:** Pre-registration fee is \$20.00 and must be received by July 1<sup>st</sup>, 2013 (no refunds). Your check will be your receipt. After July 1<sup>st</sup> registration fee will be \$25.00. Registration forms may be machine copied. We reserve the right to reject any entry.

All participants will receive a 5th Annual Booster Day T-Shirt along with a bottle of water, snacks and a goodie bag as they complete the 5K.

#### **1K: Participants must be 12 years of age or under.**

Pre-registration fee is \$5.00 and must be received by July 1<sup>st</sup>, 2013 (no refunds). After July 1<sup>st</sup> registration fee will be \$7.00.

All participants will receive a 1K Medal along with a bottle of water and snacks as they complete the 1K.

**Race Day; 5K** Participants must meet at the 5K table located behind East Bethel City Hall to check in and pick up a number and shirt from 7:00 AM to 7:45 AM. All participants must be at the East Bethel City Hall Flag Pole ready to start at 7:45 for announcements. A flag raising ceremony by Boy Scout Troop 733 will take place at 8:00 AM. Immediately following the Flag raising ceremony, all race participants will walk to the back side of City Hall for the official start.

**KIDS 1K:** Participants please arrive at the 5K table to check in at 8:45 AM. The first heat will begin at 9:15 AM.

**All participants are encouraged to stay and enjoy the parade starting at 11:00 AM, along with other festivities taking place on July 20th to celebrate East Bethel Booster Day!**



### RACE DAY DETAILS

**DIRECTIONS:** East Bethel City Hall is located at  
2241 221st Avenue NE  
East Bethel, MN 55011  
From Hwy. 65 go East on 221<sup>st</sup>. Ave./Co. Rd. 74

#### STARTING TIMES ON July 20th:

**Race Day Check In:** 7:00 to 7:45.

**5K Run/ Walk:** Aprox. 8:00 a.m.

**Participants meet at the flag pole at  
East Bethel City Hall at 7:45 AM for announcements.  
1K Participants Check in: 8:45 AM**

For more info. visit; [www.flexfitnessmn.com](http://www.flexfitnessmn.com) or  
[www.ci.east-bethel.mn.us](http://www.ci.east-bethel.mn.us) Click on "Booster Day"  
For more information on  
Booster Day Events and the 5K.

For questions contact Michelle at  
(763)753-4209 or e-mail [Michelle@Kids-ExpressCC.com](mailto:Michelle@Kids-ExpressCC.com)