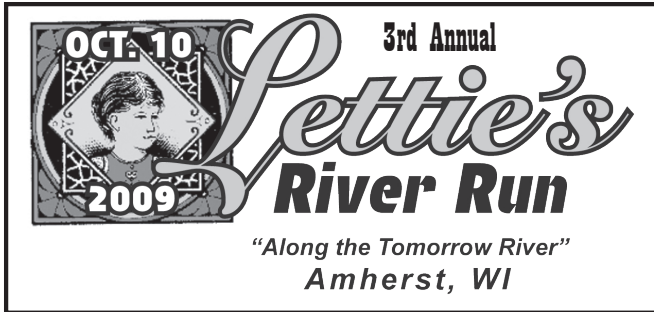


# October 10, 2009— 10K & 5K Run/Walk - REGISTER TODAY!



## RACE INFORMATION:

**Date:** October 10, 2009

**Time:** 10 a.m. 10K Competitive Run  
 10:05 5K Competitive Run  
 10:10 5K Non-competitive Walk  
 11:30 Kids 1K Falcon Fun Run

**Site:** Lettie W. Jensen Community Center  
 487 N. Main Street, Amherst WI 54406  
 (715) 824-5202  
 jensencenter@wi-net.com

**Course Description:** 10K and 5K route along scenic country roads during the height of fall color season, crossing the Tomorrow River twice. Mostly flat with small hills.  
**Professionally timed.**

### Male and Female Age Groups:

13 and under	45-49
14-18	50-54
19-24	55-59
25-29	60-64
30-34	65-69
35-39	70 and up
40-44	

**Awards** Unique and coveted awards given to overall male and female winners and top three male and female finishers in each age group for the 10K and 5K runs.

**FREE Tee shirts for the first 175 paid runners. (Adults also receive one complimentary beverage ticket for Central Waters Beer, served after the race)**

**Paid Registration by 09/30/09 for FREE T-shirt**

### Fall Fun Festival 10:30 a.m.– 1:30 p.m.

After your invigorating run or walk, return to the Jensen Center for:  
 Kid's PK-5th grade 1K Falcon Fun Run, "everyone wins a prize!"  
 Build It with "Tim the Tool Man"  
 Food Pumpkin decorating  
 Beverages Central Waters Beer  
 Face Painting Socialize with friends  
*and more!*

### Proceeds

All proceeds of the run/walk and fall fun festival benefit Jensen Community Center sponsored activities and other participating youth groups and school clubs.

For more information:

**Lettie W. Jensen Community Center**  
**715-824-5202**  
 jensencenter@wi-net.com  
**REVEL SPORTS**  
 bonnie@revelsports.com

### Lettie's River Run - Registration

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Mid. Initial \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency Contact person \_\_\_\_\_ Phone \_\_\_\_\_

Age on 10/10/09 \_\_\_\_\_ (Circle Choices) M F 10K RUN 5K RUN 5K WALK — T-Shirt size (Adult sizes only) S M L XL

**OTHER PARTICIPANTS AT SAME ADDRESS: (Circle Choices)** (Adult sizes only)

Name \_\_\_\_\_ Age on 10/10/09 \_\_\_\_\_ M F 10K RUN 5K RUN 5K WALK T-Shirt size S M L XL

Name \_\_\_\_\_ Age on 10/10/09 \_\_\_\_\_ M F 10K RUN 5K RUN 5K WALK T-Shirt size S M L XL

Name \_\_\_\_\_ Age on 10/10/09 \_\_\_\_\_ M F 10K RUN 5K RUN 5K WALK T-Shirt size S M L XL

Name \_\_\_\_\_ Age on 10/10/09 \_\_\_\_\_ M F 10K RUN 5K RUN 5K WALK T-Shirt size S M L XL



**Pre-registered participants, please arrive 45 minutes before race starts. Participants registering onsite, please arrive at least one hour before race starts.**

### Payment:

Ages 19-64 by 9/30/09—\$20 \_\_\_\_\_  
 Ages 19-64 After 9/30/09—\$25 \_\_\_\_\_  
 Under 19 and over 64 FREE  
 (Free registrants may purchase a t-shirt) \_\_\_\_\_  
 Additional Donation for  
 the Jensen Center Programs \_\_\_\_\_  
 Total payment enclosed \$ \_\_\_\_\_

**MAIL PAYMENT WITH REGISTRATION TO:**  
**Jensen Community Center**  
**487 N. Main St. Amherst, WI 54406**

**Call for Discover, Master Card or Visa Payment**  
**(715) 824-5202**  
**Register on-line at: [www.lettiesriverrun.org](http://www.lettiesriverrun.org)**

### WAIVER & RELEASE FROM LIABILITY

Warning: Participating in the Lettie's River Run can be a serious threat to the health of individuals who are not in excellent physical condition. For, and in consideration of, my participation in the Lettie's River Run, I myself, my executors, administrators, heirs, and assignees do hereby release and discharge the Amherst Area Foundation, Inc., its directors and staff of the Lettie W. Jensen Community Center and all volunteers, sponsors, agencies, subsidiaries, affiliates and beneficiaries jointly and severally and hold and waive harmless from and against any and all actions, claims, injuries, demands, liabilities, loss damage or expenses or whatever kind and nature including, but not limited to, attorney fees which at any time may be incurred by reason of my participation in or my preparation for any of the afore said events. 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. If however, as a result of my participation in Lettie's River Run, I require medical attention, I hereby give my consent to authorized medical personnel of Lettie's River Run to provide such medical care as it is deemed necessary by such authorized personnel. The below signed grant full permission to any and all foregoing use to his/her likeness, including photographs and Videotape for publicity and advertising purposes without compensation. If signing for a dependant under the age of 18, all conditions of liability release and waiver listed above will be held accountable.

Signed: \_\_\_\_\_

Office Use Only: # \_\_\_\_\_

(PARENT SIGNATURE REQUIRED FOR ENTRANTS 17 YEARS OR YOUNGER)