



2009 Aquafest Run

Tuesday, June 16

Sponsored
By

The
Chronotype

WARRIORS
All-Sport Booster Club

Rice Lake Physical
Therapy & Rehab Specialists



2nd Annual PLAY Run - Grades K-5 <i>No cost if you bring your activity log</i>	2-Mile Run <i>all ages</i>
2-Mile Walk <i>all ages</i>	10K Run <i>all ages</i>

Check-in starts at 5pm - PLAY Run at 6:30pm, 2 mile & 10K at 6:45pm

RACE START & FINISH IS AT TRAIL HEAD OF TUSCOBIA STATE TRAIL
4 Miles North of Rainbow Home Center on Hwy. SS
Awards to be presented after each race is completed.

• Refreshments Provided

• Snacks provided by Main Street Market Whole Foods Co-op

• Mark Smith, P.T., will be available to answer questions regarding fitness and will have a Runners Clinic question/answer before and after the race.

Contact Ted Romportl at 651-4712 or Barb Sievers at 790-8992 for further information.

Preregister at Rice Lake Chamber of Commerce Office

\$13.00 for Preregistration by June 12 - T-shirt guaranteed

\$16.00 Day of Race at trail head - T-shirts are as supplies last

\$10.00 for no t-shirt - Preregister or Day of Race

Preregistration at or mail completed form with payment to:

Rice Lake Chamber of Commerce Office, 37 S. Main St., Rice Lake, WI 54868

• **Make checks payable to Warrior Booster Club**

Name _____ M/F _____ Age _____
Address _____ Phone _____
City _____ State _____ Zip _____

Circle Race Entered: $\frac{1}{2}$ Mile Play Run / 2-Mile Run / 2-Mile Walk / 10K Run
No cost-No Shirts

Circle Shirt Size: S / M / L / XL / XXL / No Shirt

Regular and Sleeveless T-shirts will be available. Circle choice if you have a preference.

Waiver forms will need to be signed at check-in before the race by each participant, parent or guardian.