

# 2010 AQUAFEST RUN

## Tuesday, June 15



Sponsored  
By

**The  
Chronotype**

**WARRIORS**  
All-Sport Booster Club



**Rice Lake  
Physical Therapy  
& Rehab Specialists**  
Rice Lake • Turtle Lake • Clear Lake • Spooner • Bayward

<b>3rd Annual PLAY Run - Grades K-5</b> No cost if you bring your activity log	<b>2-Mile Run</b> all ages
<b>2-Mile Walk</b> all ages	<b>10K Run</b> all ages

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 10 - 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: ½ Mile PLAY Run (No cost-No Shirts)

2-Mile Run / 2-Mile Walk / 10K Run

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

Regular 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.