



Life Fitness and the St. Francis Lions would like to express a special thanks to all of the Sponsors, Contributors & Volunteers for their part in these Pioneer Days events.

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St. Francis Dairy Queen
Temperature Specialist Inc.



Life Fitness

St. Francis Lions Club
PO Box 173
St. Francis, MN 55070-0173

St. Francis Lions present the
Life Fitness
5K Color
Walk/Run The Rum



Saturday, June 4, 2016
8:00 a.m.

Life Fitness along with the St. Francis Lions are promoting wellness and fitness for all ages.

Enjoy the scenic trail along the Rum River—voted the most beautiful river walk/run in Minnesota for 2008





Saturday, June 4 8:00 a.m.

Location: St. Francis High School
3325 Bridge Street
St. Francis is located 13 miles north from Anoka County Road 9 (Round Lake Blvd.) exit of Highway 10 in Coon Rapids

Details: The event, rain or shine, will start at the St. Francis High School track. The route will connect to the Rum River North County Park and will follow a scenic trail along the Rum River. The event will finish at the high school track. Race proceeds to support community projects.

Fee: \$20 early bird registration
\$25 day of the race
Fee includes a race T-shirt

Other: Food and beverage will be provided at the finish line. Door prizes will be drawn at the conclusion of the event.

For more information, contact:
Lion Tim Holen or Lion Kristin Ferguson
at 763-753-1265

5K Color Walk/Run Registration • Saturday, June 4, 2016

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

T-shirt Information (adult sizes)

Small Medium Large XL XXL (\$2 extra)

Participants are guaranteed a T-shirt if registration is received by May 20, 2016.

Entry Fee (non-refundable)

\$20 registration fee received before May 20, 2016
 \$25 registration fee day of the race

Make checks payable to: **St. Francis Lions Club.**

Race proceeds to support community projects.

Fee must accompany registration form.



Read and sign the following waiver:

I am entering this event at my own risk. In signing this release for myself or for named entrant (when entrant is younger than age 18), I understand this release and absolve the St. Francis Lions Club, all sponsors, organizers, volunteers, and associated entities of all blame for any injury, harm, loss or inconvenience suffered as a result of participating in this event.

Participant Signature: _____

Parent/Guardian (if participant is younger than age 18) _____

Date: _____

*Dairy Queen - Killebrew Root Beer
Kids Color Walk - June 4, 2016
Starts at 12:00 p.m. in front of
True Value Hardware
for Kids 12 & Under (Free Event)
Each pre-registered participant
will get a t-shirt while supplies last.
Questions • 763-753-1265*

Return form and payment to: St. Francis Lions Club, PO Box 173, St. Francis, MN 55070-0173