



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 10, 2017  
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*

Your Home Team Supporters





## Saturday, June 10 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 10, 2017

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, 2017.

### Entry Fee (non-refundable)

\$20 registration fee received before May 20, 2017  
 \$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 10, 2017*

*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**