

32nd Annual

Sunday April 11, 2010

1:00 pm • Lewiston, MN



Registration 9:00 am - Noon
on race day at the High School
Packet pick-up 9:00-12:30 pm

Sponsored by the Lewiston Area Chamber of Commerce
and many donations from area businesses and individuals.
Pledges are donated to cancer research at Eagles Cancer Telethon
& Gunderson Lutheran Medical Foundation.



LIVE/SILENT AUCTIONS

Friday, April 9, 2010 at the Community Center
Silent Auction 5-8 pm • Live Auction 6 pm
Doors open at 4:30 pm (Food Available)

ENTRY FEES

\$10.00 for 8K race • \$6.00 for 1 mile race
\$3.00 for entrees 12 years or under for either race

T-shirts will be available for sale for \$10.00
Add \$2.00 late fee to entry forms postmarked
after March 30th or on the day of the race.

Chip timing for 8k - 1 Mile top 50 will be timed

AWARDS

- Only 1 award per person.
There will be over 100 quality trophies and medals.
Awards for top five male and female winners in the 1 mile race.
Kim Huhnerkoch Memorial Trophy to women's 8K winner.
Ed Kessler Memorial Trophy to men's 8K winner.
Awards for places 2-10 both male and female in the 8K race.
3 awards for each age class winners for both male and female in the 8K race.
Awards for most pledges and sponsors.
All participants receive ribbons.

FUND RAISING

- Each runner is encouraged (but not required) to raise pledges for this event.
Each person who raises \$20.00 or more receives a free T-shirt.
Fools Five Bracelets will be available for \$1 on race day.
Fools Five is a tax exempt 501c3 charitable organization.

FACILITIES

- Dressing rooms and showers available at start/finish.
Please bring your own towels!

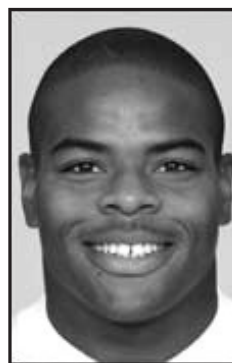
BONE MARROW DONOR REGISTRATION DRIVE
10:00 am - 3:00 pm

COURSE INFORMATION

The 8K course is a certified MN 97025 road race. Both 8K and 1 mile races will run on blacktop course. They start together near the High School and proceed down Main Street (walkers and wheel chairs are invited in both races). Time splits called at 1, 2 1/2, 4 mile marks to aid runners. Aid stations will be available. For official rules, see website.



SOCIAL HOUR - KENECHI UDEZE



Kenechi Udeze was drafted by the Minnesota Vikings in the 2004 NFL Draft. On February 11, 2008, Udeze was diagnosed with acute lymphoblastic leukemia. Udeze received a bone marrow transplant from his brother. He says he plans to play football again someday, but says health is his number one priority for now. Udeze is now on the coaching staff at the University of Washinton Seattle.

- Awards will follow presentation.
Free snacks, soft drinks and ice cream will be available. We invite all runners, their families and race donators to attend.
No pets, bikes or rollerblades allowed in the race.
Results will be posted on www.foolsfive.org

OFFICIAL ENTRY FORM

Race Day Registration closes at Noon.

Please answer completely and print clearly.

Name Last First, Mailing Address, City State Zip, Phone, Email

Sex: M ___ F ___
Race Entered: ___ 8K ___ 1 Mile
___ 8K Wheelchair ___ 1 Mile Wheelchair
Age on Race Day: ___ Birthdate (m/d/yr) ___

Entry Fee:

- \$10.00 for 8K race • \$6.00 for 1 mile race
\$3.00 for entrees 12 years or under for either race
\$2.00 late fee after March 30, 2009.

T-Shirts Available \$10.00

Write FREE on this line if you have enclosed \$20 in pledges.

Circle Your T-shirt Size:

Child: XS S M L
Adult: S M L XL XXL

Entry Fee, T-Shirt, Pledges, Total Enclosed

Waiver: I hereby enter the Fools Five Race. I enter at my own risk and personally assume any risk or responsibility for injuries I incur as a direct or indirect result of my participation in this event. I further agree not to hold liable the Lewiston Area Chamber of Commerce, City of Lewiston, Winona County, Lewiston-Altura High School or any party associated with this event.



Signature of participant or parent/guardian if participant is under 18.

www.foolsfive.org

Questions? Call: (507) 523-3484 or email FoolsFive@yahoo.com

Please Make Checks Payable to
Fools Five Road Race and mail forms to:
Fools Five, PO Box 325, Lewiston, MN 55952



PLEDGE SHEET

Money donated for this race will go to cancer research. Suggested minimum pledge is \$1.00. Participants are to turn in the list of sponsors and the amount collected at registration on the day of the race or before. Remember, this donation is tax deductible so you may want to pay by check made payable to Fools Five Road Race. **The participant is to collect at the time he/she signs a sponsor.**

**Send check with participant or mail to
Fools Five, PO Box 325
Lewiston, MN 55952.**

Each person that raises \$20 in pledges gets a free T-shirt.
If more space is needed, please attach an extra sheet.
Fools Five is a tax exempt charitable organization.

Participants Name _____ Phone # _____

Address _____ City and State _____ Zip _____

Sponsor	Amount
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
9. _____	\$ _____
10. _____	\$ _____
11. _____	\$ _____
12. _____	\$ _____
13. _____	\$ _____
14. _____	\$ _____
15. _____	\$ _____
16. _____	\$ _____
17. _____	\$ _____

Sponsor	Amount
18. _____	\$ _____
19. _____	\$ _____
20. _____	\$ _____
21. _____	\$ _____
22. _____	\$ _____
23. _____	\$ _____
24. _____	\$ _____
25. _____	\$ _____
26. _____	\$ _____
27. _____	\$ _____
28. _____	\$ _____
29. _____	\$ _____
30. _____	\$ _____
31. _____	\$ _____
32. _____	\$ _____
33. _____	\$ _____
34. _____	\$ _____

Sponsor	Amount
35. _____	\$ _____
36. _____	\$ _____
37. _____	\$ _____
38. _____	\$ _____
39. _____	\$ _____
40. _____	\$ _____
41. _____	\$ _____
42. _____	\$ _____
43. _____	\$ _____
44. _____	\$ _____
45. _____	\$ _____
46. _____	\$ _____
47. _____	\$ _____
48. _____	\$ _____
49. _____	\$ _____
50. _____	\$ _____

Total amount of pledges \$ _____

2010 Race Information
Enclosed
Printing donated by Herff Jones
PO Box 325
Lewiston, MN 55952-0325



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