

**SUNDAY
APRIL 7
2019**

COURAGE-STRENGTH-HOPE

**FOOLS FIVE
ROAD RACE**
LEWISTON, MINNESOTA

2019

**FEATURED
GUEST**



**JACK GUNNARSON
A COMMUNITY SUPPORTER,
RUNNER AND CANCER SURVIVOR!**

A lifelong recreational runner has been pounding the pavement for 50+ years. He considers himself a Middle of the Pack Runner who loves the comradery of the running community. Diagnosed with Prostate Cancer in the fall of 2000, his cancer has surfaced several times since his initial surgery. After 3 surgeries, 65 radiation treatments and many years of hormone therapy treatments, Jack is alive, running and enjoying life to the fullest! Jack with his two sons, Jackson & Jon, own Excel Images, Inc., Winona, MN, a long-time supplier of T-shirts to Fools Five.

LIVE & SILENT AUCTIONS FRIDAY, APRIL 5

SILENT AUCTION 5:00 - 8:00PM

LIVE AUCTION 6:00PM

Lewiston Community Center

Doors open at 4:30pm, food and beverages will be available.

ENTRY FEES

\$10.00 FOR 8K RACE - \$5.00 FOR 1 MILE RACE

★ \$5 LATE FEE ON RACE DAY ★

T-shirts will be available for sale for \$10.00. Add \$2.00 late fee to entry forms postmarked after March 23, 2019.

Online registration & download entry form at

WWW.FOOLSFIVE.ORG. Additional Registration/Packet Pick-up Saturday, April 6th 1-4pm at the Lewiston-Altura High School

DAY OF REGISTRATION

9:00 am - Noon on race day at Lewiston-Altura High School.

Packet pick-up: 9:00-12:30 pm.

★ \$5 LATE FEE ON RACE DAY ★

FUNDRAISING

Each runner is encouraged (but not required) to raise pledges. Each person who raises \$20.00 or more receives a free T-shirt. Fools Five is a tax exempt 501(c)(3) charitable organization.

FACILITIES

Dressing rooms and showers available at Lewiston-Altura High School. Please bring your own towels!

COURSE INFORMATION

The 8K course is a certified MN18036RR road race. Both 8K and 1 mile races will run on blacktop course. Aid stations will be available. Official rules and course map, available at

WWW.FOOLSFIVE.ORG.

NO PETS, bikes or rollerblades allowed in the race.

AWARDS AND SOCIAL HOUR

Awards and social hour will follow speaker. Free snacks, soft drinks and ice cream. We invite all runners, their families and race donators to attend. Awards, Register Online & Post-Race results all available at **WWW.FOOLSFIVE.ORG.**

OFFICIAL ENTRY FORM

(Please answer completely and print clearly)

RACE DAY REGISTRATION ENDS AT NOON

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

Sex: M F Age on Race Day: _____
 Birthdate (mm/dd/yyyy) _____ / _____ / _____
 Race Entered: 8K 8K Wheelchair
 1 Mile 1 Mile Wheelchair

PLEASE MAKE CHECKS PAYABLE TO FOOLS FIVE ROAD RACE

MAIL FORMS TO: FOOLS FIVE, PO BOX 325, LEWISTON, MN 55952

QUESTIONS? EMAIL US@FOOLSFIVE.ORG

Printing provided by West End Printing Company.

ENTRY FEES

\$10.00 FOR 8K RACE • \$5.00 FOR 1 MILE RACE

\$2.00 LATE FEE AFTER **MARCH 23, 2019**

★\$5 LATE FEE ON RACE DAY ★

T-SHIRTS AVAILABLE \$10.00

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

Entry Fee \$ _____

T-Shirt \$ _____

CIRCLE YOUR T-SHIRT SIZE:

Pledges \$ _____

CHILD: 2T 3T 4T

XS S M L

Total Enclosed \$ _____

ADULT: S M L XL
XXL XXXL XXXXL

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.

X

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

WWW.FOOLSFIVE.ORG



Send check with participant or mail to
FOOLS FIVE, PO BOX 325
LEWISTON, MN 55952

SPONSOR	AMOUNT
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
9. _____	\$ _____
10. _____	\$ _____
11. _____	\$ _____
12. _____	\$ _____
13. _____	\$ _____
14. _____	\$ _____
15. _____	\$ _____
16. _____	\$ _____
17. _____	\$ _____
18. _____	\$ _____
19. _____	\$ _____
20. _____	\$ _____
21. _____	\$ _____

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. 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.

Participant's Name _____

Address _____

City/State _____ **Zip** _____

Phone _____

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 & Gundersen Medical Foundation.

SPONSOR	AMOUNT
22. _____	\$ _____
23. _____	\$ _____
24. _____	\$ _____
25. _____	\$ _____
26. _____	\$ _____
27. _____	\$ _____
28. _____	\$ _____
29. _____	\$ _____
30. _____	\$ _____
31. _____	\$ _____
32. _____	\$ _____
33. _____	\$ _____
34. _____	\$ _____
35. _____	\$ _____
36. _____	\$ _____
37. _____	\$ _____
38. _____	\$ _____
39. _____	\$ _____
40. _____	\$ _____
41. _____	\$ _____
42. _____	\$ _____

SPONSOR	AMOUNT
43. _____	\$ _____
44. _____	\$ _____
45. _____	\$ _____
46. _____	\$ _____
47. _____	\$ _____
48. _____	\$ _____
49. _____	\$ _____
50. _____	\$ _____
51. _____	\$ _____
52. _____	\$ _____
53. _____	\$ _____
54. _____	\$ _____
55. _____	\$ _____
56. _____	\$ _____
57. _____	\$ _____
58. _____	\$ _____
59. _____	\$ _____
60. _____	\$ _____
61. _____	\$ _____

Total amount of pledges \$ _____