

SATURDAY APRIL 5 2025



LIVE AUCTIONS

FRIDAY, APRIL 4 - LIVE AUCTION 5:00 PM

LEWISTON COMMUNITY CENTER

Doors open at 4:00 pm, food and beverages will be available for purchase.

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 22, 2025. Online registration & download entry form at

WWW.FOOLSFIVE.ORG

DAY OF REGISTRATION

9:00 AM - NOON

on race day at Lewiston-Altura High School.

★ **\$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 WWW.FOOLSFIVE.ORG

FEATURED GUEST BOB BARDWELL

Bob Bardwell, of Stewartville, MN, has been inspiring audiences across the country with his powerful message of resilience and determination. A seasoned athlete, Bob has completed 100 marathons, including five Boston Marathons. His presentations, titled "It's Not What Happens to You, It's What You Do About It," "The Marathons of Life," and "The Culture of Safety," have motivated countless individuals to overcome life's challenges.



In 1973, Bob was paralyzed from the waist down following a severe construction accident. Yet, through unwavering determination, perseverance, and his faith, he chose to rise above adversity, embracing the role of a victor rather than a victim. Bob often shares his guiding philosophy: "Pain, sorrow, and disappointment are inevitable, but misery is optional."

Bob has been a regular participant in the Fools Five race over the years and was honored as the Featured Guest in 1987. About a year ago, Bob was diagnosed with stage 1 pancreatic cancer after an MRI scan. He underwent successful surgery to remove the cancer from three areas of his abdomen and completed four rounds of chemotherapy. Bob remains in good health, regularly monitoring his condition with CT scans, and considers himself cancer-free.

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

ENTRY FEES

\$10.00 for 8K race • \$5.00 for 1 mile race

\$2.00 late fee after March 22, 2025

★ **\$5 LATE FEE ON RACE DAY** ★

T-Shirts Available \$10.00

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

Circle Your T-Shirt Size

Child: 2T 3T 4T

S M L

Adult: S M L XL

XXL XXXL XXXXL

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



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. _____	\$ _____

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
11. _____	\$ _____
12. _____	\$ _____
13. _____	\$ _____
14. _____	\$ _____
15. _____	\$ _____
16. _____	\$ _____
17. _____	\$ _____
18. _____	\$ _____
19. _____	\$ _____
20. _____	\$ _____

SPONSOR	AMOUNT
21. _____	\$ _____
22. _____	\$ _____
23. _____	\$ _____
24. _____	\$ _____
25. _____	\$ _____
26. _____	\$ _____
27. _____	\$ _____
28. _____	\$ _____
29. _____	\$ _____
30. _____	\$ _____

TOTAL AMOUNT OF PLEDGES \$ _____