

October 9, 2010—5K Run/Poker Walk - REGISTER TODAY!



**4th Annual
Lettie's
River Run**
"Along the Tomorrow River"
Amherst, WI

Male and Female Age Groups:

13 and under	45-49
14-18	50-54
19-24	55-59
25-29	60-64
30-34	65-69
35-39	70 and up
40-44	

Awards Unique and coveted awards given to overall male and female winners and top three male and female finishers in each age group for the 5K run. 5K Poker Walk winning top 5 hands win door prizes!

FREE Tee shirts for the first 200 paid runners. (Adults also receive one complimentary beverage ticket for Central Waters Beer, served after the race)

Paid Registration by 09/30/10 for FREE T-shirt

Fall Fun Festival 10:30 a.m.– 1:30 p.m.

After your invigorating run or walk, return to the Jensen Center for:

Kid's PK-5th grade 1K Falcon Fun Run, "everyone wins a prize!"

Build It with "Tim the Tool Man"

Food	Pumpkin decorating
Beverages	Central Waters Beer
Face Painting	Socialize with friends

and more!

RACE INFORMATION:

Date: October 9, 2010

Time: 10:00 5K Competitive Run

10:10 5K Non-competitive Poker Walk

11:30 Kids 1K Falcon Fun Run

Site: Lettie W. Jensen Community Center

487 N. Main Street, Amherst WI 54406

(715) 824-5202

jensencenter@wi-net.com

Course Description: 5K route follows along scenic country roads during the height of fall color season, crossing the Tomorrow River twice. Mostly flat with small hills. Professionally timed.

Proceeds

All proceeds of the run/poker walk and fall fun festival benefit Jensen Community Center sponsored activities and other participating youth groups and school clubs.

For more information:

Lettie W. Jensen Community Center

715-824-5202

jensencenter@wi-net.com

thunter@delta.org

Lettie's River Run - Registration

Last Name _____ First Name _____ Mid. Initial _____

Street Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail _____

Emergency Contact person _____ Phone _____

Age on 10/09/10 _____ (Circle Choices) M F 5K RUN 5K POKER WALK — T-Shirt size (Adult sizes only) S M L XL

OTHER PARTICIPANTS AT SAME ADDRESS: (Circle Choices) (Adult sizes only)

Name _____ Age on 10/09/10 _____ M F 5K RUN 5K POKER WALK T-Shirt size S M L XL

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Payment:

Ages 19-64 by 9/30/10—\$20 _____

Ages 19-64 After 9/30/10—\$25 _____

Under 19 and over 64 FREE
(Free registrants may purchase a t-shirt) _____

Additional Donation for
the Jensen Center Programs _____

Total payment enclosed \$ _____

Pre-registered participants, please arrive 45 minutes before race starts. Participants registering onsite, please arrive at least one hour before race starts.

**MAIL PAYMENT WITH REGISTRATION TO:
Jensen Community Center
487 N. Main St. Amherst, WI 54406**

**Call for Discover, Master Card or Visa Payment
(715) 824-5202
Register on-line at: www.lettiesriverrun.org**

WAIVER & RELEASE FROM LIABILITY

Warning: Participating in the Lettie's River Run can be a serious threat to the health of individuals who are not in excellent physical condition. For, and in consideration of, my participation in the Lettie's River Run, I myself, my executors, administrators, heirs, and assignees do hereby release and discharge the Amherst Area Foundation, Inc., its directors and staff of the Lettie W. Jensen Community Center and all volunteers, sponsors, agencies, subsidiaries, affiliates and beneficiaries jointly and severally and hold and waive harmless from and against any and all actions, claims, injuries, demands, liabilities, loss damage or expenses or whatever kind and nature including, but not limited to, attorney fees which at any time may be incurred by reason of my participation in or my preparation for any of the afore said events. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate. If however, as a result of my participation in Lettie's River Run, I require medical attention, I hereby give my consent to authorized medical personnel of Lettie's River Run to provide such medical care as it is deemed necessary by such authorized personnel. The below signed grant full permission to any and all foregoing use to his/her likeness, including photographs and Videotape for publicity and advertising purposes without compensation. If signing for a dependant under the age of 18, all conditions of liability release and waiver listed above will be held accountable.

Signed: _____

Office Use Only: # _____

(PARENT SIGNATURE REQUIRED FOR ENTRANTS 17 YEARS OR YOUNGER)