

GET RUNNIN RELAY

Event

We invite you to join us for the 3rd Annual Get Runnin Relay. This fun running event requires 6-member teams to run 41 miles. Each team member runs two legs of approximately 5 kilometers each.

Entry Fee

Entry fee is \$180 per team if received prior to September 10, 2008. For entries received after this date, the fee is \$210 per team.

Pre-Registration

Pre-registration is required. There is no race day registration. Team managers will receive a full race packet upon receipt of this form and entry fee. Make non-refundable checks payable to Get Runnin Relay. Mail complete registration and payment by September 10th to:



Get Runnin Relay
C/O Jon Gargulak
610 Linden Avenue
Rice Lake, WI 54868

Course

The Get Runnin Relay begins at the Hunt Hill Audubon Sanctuary in Long Lake, WI and travels the beautiful roads and trails around Long Lake in Washburn County. The 41-mile course includes a mixture of blacktop and gravel roads and dirt trails all following gently rolling terrain which circle back to Hunt Hill and the finish line.



Pre-Registration Form

Get Runnin Relay
September 27, 2008

Identification of team manager:

Name: _____

Phone: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

I understand, in my role as manager, I am responsible for providing my team members with copies of information sent by the race directors. I will ensure all runners for this team sign the required waivers, and they understand the official rules governing the relay. A full race packet will be provided upon receipt of this pre-registration.

Signature: _____

Date: _____

Team Name: _____

Category: Open Women Men

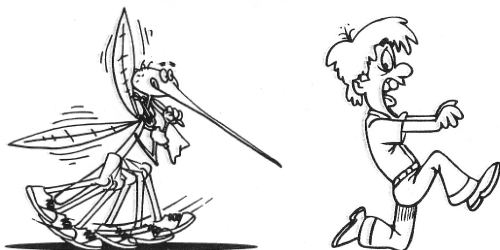
Open: At least one member from each gender. Does NOT need to be equal mix.

Women: All women team members.

Men: All male team members.

Shirt Sizes (enter quantity)

S _____ M _____ L _____ XL _____



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- FG Products
- Rice Lake Physical Therapy and Rehabilitation Specialists.
- Toboggan Run Dental Clinic
- DCS Netlink

PLAY Foundation

The PLAY Foundation of Northwest Wisconsin will receive all proceeds from this event. PLAY (Promoting Lively and Active Youth) is a non-profit organization founded to fight childhood obesity through the facilitation of programs that educate and encourage local youth and parents to make healthy life choices.

The Foundation currently sponsors programs in the Rice Lake public school district and hopes to expand to other area school districts. PLAY is funded by the Get Runnin Relay, various corporate sponsors and private donations.



PLAY FOUNDATION

Promoting Lively and Active Youth

Website

WWW.GETYOUTHMOVING.COM

Click on the Get Runnin Relay Link

More Information

For more information, including lodging contact:

Washburn County Tourism

WWW.WASHBURNCOUNTY.ORG

Rice Lake Tourism

WWW.RICELAKETOURISM.COM

The
PLAY Foundation
of
Northwest Wisconsin, Inc.
presents...

3rd
Annual

**GET
RUNNIN
RELAY**

Saturday, September 27, 2008

9:00 AM

Join us for a fun run
on a beautiful course
for a great cause!