



OSI Fun in the Forest 5K

Thursday, July 15, 2010

Start Time: The race will start at 7pm for walkers and runners. Registration starts at 6pm.

Location: The race starts and finishes at FLAAA Sports Center. 5530 206th St. N, Forest Lake, MN 55025.

Course: The course will cover roads, bike paths, and the Hardwood Creek Regional Trail.

Proceeds: All proceeds to benefit the Forest Lake Area Athletic Association (FLAAA).

Race Awards: Awards will be given to the top male and female runners in each age category: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & up. The award ceremony will immediately follow the race near the start/finish line.

Registration: \$15 for pre-registered participants before July 8th. Pre-registration includes a Wickify tech t-shirt for the first 100 participants. Race day registration is \$20.

Please make checks payable to OSI Physical Therapy

Please mail registration and entry fee to OSI at:

OSI Physical Therapy Attention: Andy Grupa 146 N. Lake Street. Forest Lake, MN 55025.
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2010 OSI Fun in the Forest 5k

Name: _____ Sex: M / F Age: ____ T-Shirt: S M L XL XXL

Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

Liability Disclaimer: I hereby hold harmless, OSI Physical Therapy and all volunteers, from any injury incurred while participating in this event. I assume all risk of loss or injury from my participation in this event.

Signature (legal guardian for minors) _____ Date: _____