



2010 Wabasha Riverboat Days

5K & 10K River Run

Free 5K Fitness Walk & Fitness Fun for Kids

Saturday, July 31, 2010

Start Time: 8:00 am · Registration begins at 6:45 am
Saint Elizabeth's Medical Center ★ 1200 Grant Blvd., Wabasha

Run Registration Fee: : \$10.00

Optional t-shirt: \$8.00

Walkers are FREE! (Register day of event.)

SPONSORED BY:



Saint Elizabeth's Medical Center
MINISTRY HEALTH CARE



Eagle's Nest Coffee House

Scheel's
SuperValu

Register behind Saint Elizabeth's Medical Center (avoid ER by entering via Campbell Ave. or 3rd St. West). The course will be city streets including scenic Lawrence Blvd. along The Mississippi River. Refreshments will be provided after the race.

Age divisions for race:

Under 9, 9-15, 16 -19, 20—29, 30—39, 40—49, 50—59, 60—69, 70+ Trophies/medals for top male and top female runners! Trophies will be awarded to the top two runners in each age division. Participant ribbons will be awarded to all youth.

WABASHA RIVERBOAT DAYS 5K & 10K RUN REGISTRATION

\$10.00 Race only

\$8.00 Optional T-shirt

Name: _____

Age on race day: _____ Sex: M F Race Distance: 5K 10K

Phone _____ Email _____

Address: _____

T-shirt Size: S M L XL

Waiver: Knowingly and at my own risk, I hereby apply to enter athletic contest, and do hereby waive and release any claims for damage that I may incur as a direct or indirect result of my participation in the event against officials of the City of Wabasha, or any employee or officer of sponsoring organizations, for said injuries.

Signature _____

Date _____

Registration forms/fees may be mailed in advance to:
Saint Elizabeth's Medical Center; ATT: Edna Mattison
1200 Grant Blvd. W., Wabasha, MN 55981
Race information, contact John Thyren, 651-565-0375

Signature of parent or guardian if under 18 years _____

Date _____