



# 2010 OSI Fun in the Forest 5k

## Thursday, July 15<sup>th</sup>

**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 206<sup>th</sup> 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 8<sup>th</sup>. Pre-registration includes a Wickify tech t-shirt for the first 100 participants. Race day registration is \$20.

Please mail registration and entry fee to OSI at:

Please make checks payable to OSI Physical Therapy

OSI Physical Therapy  
Attention: Andy Grupa  
146 N. Lake Street.  
Forest Lake, MN 55025.

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Name: \_\_\_\_\_ Sex: M / F Age: \_\_\_\_\_ T-Shirt Size: S M L XL XXL

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ E: mail \_\_\_\_\_

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: \_\_\_\_\_