

**SPONSORS OF THE
EAST BETHEL
BOOSTER DAY 5K & Kids 1K**

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*Proceeds from the Booster Day 5K & 1K FUN
Run/Walk will be donated to the Booster Day
Committee for future Booster Day
celebrations and
Boy Scout Troop 733.*

Booster Day 5K Fun/Run Walk
C/O Cindy Paulson
20650 Monroe St NE
Cedar, MN 55011

6th Annual Kids 1K!

**Bring your children to
East Bethel Booster Park for
A Kids1K around the pond!**

The 1K is designed for Kids 12 and under.
The number of entries will determine the
number of heats that will take place
for the 1K
Each participant will receive a medal
of participation!



*East Bethel
Booster Day*

July 15th, 2016

**5K &
Kids 1K**

REGISTRATION

****This Waiver Must Be Signed ****

Registration for: Kids 1K OR 5K

Gender: Female Male

Name _____

Address _____

City _____ State _____

Zip _____ Phone () _____

E-Mail _____

Emergency Contact and Contact Phone # _____

T-shirt Size: S M L XL XXL

(Note 1K Registration does not include a T-shirt)

Please circle the previous years you have participated in the Booster Day 5K:

8th- 2016 7th- 2015 6th- 2014 5th- 2013
4th- 2012 3rd- 2011 2nd- 2010 1st- 2009

WAIVER Must be Signed

In consideration of the acceptance of my entry, my executors, administrators, and assignees do hereby release and discharge the 5K Race Committee, sponsors, organizers of the Booster Day event; BSA Troop 733 and their officials and members of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 5K Walk FUN RUN or 1K in East Bethel, July 15th, 2017. 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 in the event, I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without remuneration or obligation to me.

Signature _____ Date _____

Parent/Guardian Signature _____

(Parent /Guardian Signature needed if under 18)

5K Pre-registration fee - \$20.00 (\$25.00 after July 1st)

1K Pre-registration fee - \$5.00 (\$8.00 after July 1st)

Make check payable to: **Booster Day 5K**

Drop registration and payment off at People's Bank of Commerce in East Bethel, registration can be dropped in the night deposit.

Or mail registrations to: **Cindy Paulson**
20650 Monroe St NE
Cedar, MN 55011

INFORMATION

Registration Procedures:

5K: Pre-registration fee is \$20.00 and must be received by July 1st, 2016 (no refunds). Your check will be your receipt. After July 1st the registration fee will be \$25.00. Registration forms may be machine copied. We reserve the right to reject any entry.

All participants will receive a 9th Annual Booster Day T-Shirt along with a bottle of water, snacks, and a goodie bag as they complete the 5K.

1K: Participants must be 12 years of age or under.

Pre-registration fee is \$5.00 and must be received by July 1st, 2016 (no refunds). After July 1st, registration fee will be \$7.00.

All participants will receive a 1K Medal along with a bottle of water and snacks as they complete the 1K.

Race Day; 5K Participants must meet at the 5K table located behind East Bethel City Hall to check in and pick up a number and shirt from 7:00 AM to 7:45 AM. All participants must be at the East Bethel City Hall Flag Pole ready to start at 7:45 for announcements. A flag raising ceremony by Boy Scout Troop 733 will take place at 8:00 AM. Immediately following the flag raising ceremony, all race participants will walk together to the starting line for the official start.

KIDS 1K: Participants please arrive at the 5K table to check in at 8:45 AM. The first heat will begin at 9:15 AM.

All participants are encouraged to stay and enjoy the parade starting at 11:00 AM, along with other festivities taking place on July 15th to celebrate East Bethel Booster Days!

*Follow us on our Facebook Page for updates and news;
"East Bethel Booster Day 5K"*



RACE DAY DETAILS

DIRECTIONS: East Bethel City Hall is located at
2241 221st Avenue NE
East Bethel, MN 55011
From Hwy. 65 go East on 221st. Ave./Co. Rd. 74

STARTING TIMES ON July 15th:

Race Day Check In: 7:00 to 7:45.

5K Run/ Walk: Approx. 8:00 a.m.

Participants meet at the flag pole at
East Bethel City Hall at 7:45 AM for announcements.
1K Participants Check in: 8:45 AM

For more info. visit:
www.ci.east-bethel.mn.us Click on "Booster Day"
For more information on
Booster Day Events and the 5K.

For questions contact Cindy at
(763)249-5373 or e-mail cgp78@yahoo.com