

Thank you to our
Sponsors:

Half Mile Fun Run 10:00 a.m. start

Course: Around Brookside School grounds. Start will be by the football goal posts.
Ages: Ages 5 and up.
Awards: Ribbons to all finishers.
Entry: Free to all children. Add \$7.00 and pre-register if you want a T-shirt.



Five Mile Run/Walk 9:00 a.m. start

Starting Line: Brookside School
241 W. Richway Drive
Course: One lap around beautiful Fountain Lake—5 miles
Accurately wheel measured.
Entry Fee: \$17 before April 6. \$20 after and on race day. Entry includes T-shirt, water station, post race refreshments.
Race day registration begins at 8:00 a.m.

Awards: Top male and female, plus 1st-3rd in the following age groups: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+.

Child Care: For your convenience, child care is available while you run. Fun structured activities for the kids are planned. After your run, your kids can participate in the FUN RUNS. This service is free to persons who pre-register. Indoor facilities available in case of poor weather.

Toddler Trot 10:15 a.m. start

Course: Short dashes on the football field, for ages 1-4.
Awards: Ribbons to all children.
Entry: Free to all children.

SWMS Tiger Trot
5K Fun Run/Walk



April 14, 2007

Done in conjunction with Healthy Kid's Day & Southwest Middle School Tiger Trot.

The complex block contains a title for the 'SWMS Tiger Trot 5K Fun Run/Walk', a date of 'April 14, 2007', and a description of the event. It includes an illustration of a tiger in a running pose with paw prints trailing behind it. The text states that the event is done in conjunction with 'Healthy Kid's Day & Southwest Middle School Tiger Trot'.

29th Annual



Five Mile Run/Walk
Youth Fun Runs

Saturday

April 14, 2007

9:00 a.m.



Albert Lea Family Y
2021 West Main Street
Albert Lea, MN 56007



Cut at crease line and submit this form with fee to Albert Lea Family Y, 2021 W. Main St., Albert Lea, MN 56007.



I am pre-registering and will need child care for _____ children.
I have enclosed an additional \$7.00 per shirt for my children _____ (optional.)
I am entering this race at my own risk. I hereby release the sponsors, individuals and the City of Albert Lea for any injuries I may incur as a result of my participation. I certify that I am in good health to participate and understand all entry fees are non-refundable.

T-shirt size(s): Youth Large Adult Small Adult XL Adult XXL
 Adult Large

Name: _____ Age on Race Day: _____
Address: _____ City: _____ Zip: _____