



MARINA TO MARINA RUN, WALK AND ROLL 10K
Saturday, June 18, 2011
 Sponsored by Storm Lake "Lake Fest" Committee and Faith, Hope & Charity



Saturday, June 18, 2011, 8:00am (NO RACE DAY REGISTRATION-NO EXCEPTIONS)

Early packet pick-up will take place on Friday, June 17 from 4:40-7:00pm at Faith, Hope & Charity (1815 West Milwaukee Ave. in Storm Lake) OR at the start of the race from 7:15-7:45am on June 18. The event will consist of a 10K (6.2 miles) run and 2-person relay. The course will be open to runners/walkers/wheelchair participants for 2 ½ hours. The race will start at Lakeside Marina with the finish at Casino Beach Marina. Water stops available along route. Refreshments and fundraising breakfast will be available at finish line area.

Awards will be given to:

Top 3 Male Finishers Top 3 Female Finishers Top Male Relay Top Female Relay Top Coed Relay

The entry fee is \$20.00 per person (\$35.00 per relay) in advance (**postmarked by 6/6/11**). Entry fee goes up to \$25.00 (\$40.00 per relay) after 6/6/11 until the day before the race. Make checks payable to FHC. (T-shirt may not be available if we receive your registration form after noon on 6/13/11).

Return Entry Form and Fee to:

FHC, Attn: Stephanie Beck, P.O. Box 243, Storm Lake, IA 50588. Questions, please contact Stephanie Beck at 712-732-5127, ext. 102 or stephanie@faithhopeandcharity.org.

All Marina to Marina Run, Walk and Roll 10K proceeds will benefit the children with special needs served by Faith, Hope & Charity in Storm Lake. To learn more about this wonderful non-profit organization please visit www.faithhopeandcharity.org.

SPECIAL NOTE: Results will be posted on www.faithhopeandcharity.org.

ALL COORESPONDANCE WILL BE DONE ELECTRONICALLY. PLEASE INCLUDE YOUR EMAIL ADDRESS BELOW.

(Cut & return below) -- (Cut & return below) -- (Cut & return below) -- (Cut & return below)

(Please write clearly) ----- (Please write clearly) ----- (Please write clearly) ----- (Please write clearly)

Relay participants must EACH fill out entry form. Please include one payment with both entries.

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Email address: _____

Home Phone: _____ Cell Phone: _____

Shirt Size: S M L XL XXL 3XL 4XL

Category: Individual Male Individual Female Male Relay Female Relay Coed Relay

I look forward to participating and also included a donation to Faith, Hope & Charity for \$_____.

Please don't make me run, instead I have enclosed a donation to Faith, Hope & Charity for \$_____.

I would do anything not to run, sign me to volunteer at the event and contact me with further information.

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge the City of Storm Lake, The Lake Fest Committee, Faith, Hope & Charity, and all other sponsors and volunteers from all claims for damages, demands, and actions whatsoever in any manner arising out of my participation in the 2011 Marina to Marina Run, Walk and Roll. I attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____

(Parent's signature required if under 18 years of age)