

# Sunrise Middle School

## 5K Run/Walk

Saturday, April 30<sup>th</sup> 2011

Sunrise Park Middle School

2399 Cedar Avenue

Main Entrance

**Registration Begins:** 9:00 AM

**5K Run/Walk Begins:** 10:00AM

**Date:** Saturday, April 30th, 2011

**5K Registration Cost:** The fee covers the run and a great Sunrise 5K T-shirt

Pre-Race day 5K Registration

- \$15 for Sunrise Students & Staff
- \$20 for community members

Race day 5K Registration

- \$25 for anyone registering day of race

Please fill out the attached form and send with your entrance fee to:

Sunrise Park Middle School

Attn: Liz Boleen

2399 Cedar Avenue

White Bear Lake, MN 55110

**GO BEARS!**

# Sunrise Park Middle School 5k Walk/Run for Fitness Registration

*Proceeds go to Sunrise Park Middle School Physical Education Program*

**Date:** Saturday, April 30<sup>th</sup>, 2011  
**Race Day Check-In:** 9:00am – 9:45am  
**Race begins:** 10:00am Sharp!  
**Entry Fee:** \$15 Sunrise students/staff pre-race registration (Deadline April 29th)  
\$20 for community (Deadline April 29<sup>th</sup>)  
\$25 for anyone registering on race day (*limited T-shirts availability*)

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Ext.:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**T-Shirt Order:**      **Adult T-Shirt** (*circle one*): **S**   **M**   **L**   **XL**   **2XL**  
                                 **Youth T-shirt** (*circle one*): **S**   **M**   **L**   **XL**

**Registration Fee(s):**      \_\_\_ \$15 Entry Fee -Sunrise staff/students  
   \_\_\_ \$20 Entry Fee- Community  
   \_\_\_ \$20 Entry Fee- Anyone on Race Day (limited t-shirt availability)

**Make checks payable to:** Sunrise Park Middle School

**Please sign the waiver statement below:**

In consideration of this entry, being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the City of White Bear Lake or the White Bear Lake school district 5k Fun Walk/Run. I certify that I am physically able to participate in this event.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature** (*if under 18 years of age*): \_\_\_\_\_

*Please send the complete form and check to:*

*Sunrise Park Middle School  
Att: Liz Boleen  
2399 Cedar Avenue  
White Bear Lake, MN 55110*

Be sure to mark your calendar and make a copy of this form for your records.

*Thank you for your participation!*  
*Sunrise Park Middle School Physical Education Staff*