

Get Winded for Willie 5k Run/Walk

August 16, 2014

William "Willie" Noterman is a child in our area with Down syndrome along with autism and oppositional defiance disorder. Currently, there are few local special education programs available to him, so it is difficult to find support for him. The programs that are beneficial to Willie are also very costly and funding has been minimal. For her senior project, Southland senior McKenzie Kirtz has chosen to organize this 5K to help offset the costs of Willie's continued care and support.

Race Info: 5k (3.1 miles) course starting at Sacred Heart Church in Adams, MN.

Packet Pick-up: Friday August 15th 5-8 pm

Schedule of Events:

8:30-9:00 Race Day Registration/ Packet Pick-up

9:30 Race Start

Entry Fee: Checks payable to McKenzie Kirtz – Memo: Get Winded for Willie fund



- \$20.00/Single Pre-registration- Post marked by July 31st
- \$50.00/ Family Pre-registration- Post marked by July 31st (Limited to one household)
- \$25.00 Single Registration after July 31st (T-Shirt not guaranteed)
- \$55.00 Family Registration after July 31st (T-Shirt not guaranteed)
- No Run. Please accept this donation for the Get Winded for Willie fund. \$_____
- \$2.00 extra per T-shirt XXL or larger

<u>Racer(s):</u>	<u>Age:</u>	<u>T-shirt Size:</u> (Unisex- Gildan Ultra Blend 50/50)
1. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)
2. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)
3. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)
4. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)
5. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)
6. _____	_____	S M L XL XXL XXXL Youth or Adult (Circle One)

Mail Registration to: McKenzie Kirtz 65042 110th St. Adams MN 55909

I know that running or walking in a road race is a potentially dangerous activity. I should not enter a run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including – but not limited to – contact with other participants, the effects of the weather, including high heat and/or humidity, traffic conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I and anyone on my behalf, waive and release the Get Winded for Willie organizers, the Noterman family, Sacred Heart Church & School, the city of Adams, and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose.

Signature (Parent Signature if under 18)

Date