



2013 OSI Fun in the Forest

5k Run/Walk

Saturday, June 8th at 9:00AM (registration at 8AM)

Location: The race starts and finishes at FLAAA Sports Center. 5530 206th St. N, Forest Lake, MN 55025

Course: The course will cover roads and the Hardwood Creek Regional Trail with **electronic chip timing**

Proceeds: All proceeds will benefit the Forest Lake High School Athletic Teams

Race Awards: Awards will be given to the top three male and female runners

Registration: \$25 for pre-registered participants. Pre-registration includes a premium tech t-shirt for the first 200 participants. Race day registration is \$30 and does not guarantee a t-shirt.

Please make checks payable to "OSI Physical Therapy" and mail registration form and entry fee to:

OSI Physical Therapy
Attention: Nicole Dahmes
146 N. Lake Street.
Forest Lake, MN 55025.

Or register online at Active.com at:
http://www.active.com/event_detail.cfm?event_id=2084684

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2013 OSI Fun in the Forest 5k

Name: _____ Sex: M / F Age: _____ Men's T-Shirt Size: S M L XL XXL (add \$1)

Address: _____ Phone: _____ E: mail _____

Which high school team are you representing, if any? Please Circle One

Boys Soccer Boys Swimming/Diving Softball Wrestling Football General Athletic Fund

Other _____

- *Liability Disclaimer: I hereby hold harmless, OSI Physical Therapy and all volunteers, from any injury incurred while participating in this event. I assume all risk of loss or injury from my participation in this event.*
- *All registrations are final, there are no refunds; even if the event has to be canceled due to incimate weather.*
- *Photographs may be taken during the race and used for post race event coverage.*

Signature (legal guardian for minors) _____ Date: _____