

Walk On Waconia

5.5 MILE WALK/RUN, 10.2 MILE WALK/RUN,
10.2 MILE RUN RELAY TO BENEFIT
THE LOCAL FOOD SHELF

2009

SATURDAY, APRIL 25

at St. Joseph's Catholic Church in Waconia.

Join your neighbors for the fourth annual Walk on Waconia! All ages are invited for this fun event, and this year we have added a new event - the 10.2 mile Run Relay. The choice is yours! Participate in any of these great walks to help benefit the local food shelf.

Walk on Waconia is supported and sponsored by St. Joseph Catholic Church, Ridgeview Medical Center, Rubble Tile and Zaback Excavating. Throughout the walk we provide snacks, music, water, supervision and fun! This event supports the local food shelf, so bring a canned item to the starting line. Each participant receives a fabulous long sleeve t-shirt. Register by April 16, to guarantee a t-shirt. The walk starts and ends at the St. Joseph school and will take 2.5 to 4 hours. Strollers are free and we ask that you do not bring any pets on the course. This is a rain or shine event, so put on your walking shoes and join us!

The all new 10.2 mile Run Relay is a great opportunity to form a team of two people. The first person runs 4.7 miles and the second will run 5.5 miles.

For questions and information contact Tim at 442-5548 or Beth at 442-1328. To register for any walk complete the registration below and return with your payment to St. Joseph Church, 41 First Street, Waconia, MN, 55387.

Registration Form

Walk: (circle one: Relay • 10.2 • 5.5) Name(s): _____

Address: _____

Church/Parish: _____

Phone Number: _____

Waiver: I hereby release St. Joseph, Trinity Lutheran, Oakwood Community, Moravian ParkSide, Faith Lutheran, Promise, Ridgeview Medical Center, Rubble Tile, Zaback Excavating and any other organizations and individuals associated with this event from any responsibility for injuries and damages that I or my family may suffer as a result of my participation in this event. My signature below signifies my acceptance of this waiver. Those 17 and under must have a parent or guardian sign for them.

Signature(s): _____

Email: _____

T-shirt Size: (circle one) S M L XL XXL

Fee:

\$15 per person - 5.5 and
10.2 mile walk
\$20 per person - after April 17

Schedule:

6:30 am - Same day registration
7:30 am - 5.5 mile walks begins
10.2 mile walk begins
10.2 mile relay begins

Sponsors:

St. Joseph
Trinity Lutheran
Oakwood Community
ParkSide
Promise
Faith Lutheran
Moravian Church
Ridgeview Medical Center
Rubble Tile
Zaback Excavating