


BEAR WATER RUN


WHITE BEAR LAKE LIONS CLUB

10 MILE/20 MILE RACE AROUND
 PICTURESQUE & HISTORIC WHITE BEAR LAKE

September 11, 2010, 8:00 am

The race offers:

- Water/Gatorade stops every 2 miles.
- Abundance of food during & at end of race.
- Great T-Shirt: short sleeve for 10 mile long sleeve for 20 mile.
- Age group awards for top finishers.
- Timed by Champion Chip.
- USTAF Certified (MN-04027-RR).

FINISH LINE WILL REMAIN OPEN FOR ALL
 RUNNERS WHO CHOOSE TO FINISH.

The Bear Water Run is sponsored by the White Bear Lake Lions Club to benefit multiple charitable organizations in the community.



COST & REGISTRATION

Pre-race registration to be received with payment by 9/8/10.

Race packets for preregistered racers will be available Friday 9/10/10 at White Bear Armory 2228 4th St, White Bear Lake. And day of race, 9/11/10, at Ramsey County Beach starting at 6:30 am

Race day registration will be held at Ramsey County Beach on 9/11/10 from 6:30 am to 8:00 am.

10 mile run: \$35.00 received by 9/8/10.
 \$40.00 on race day

20 mile run: \$40.00 received by 9/8/10.
 \$45.00 on race day

Directions: From St. Paul

Take I-35E north to Highway 96.
 On Highway 96 turn right, continue to Highway 61.
 On Highway 61 turn left, continue to Highway 96 East.
 Turn right on Highway 96, follow signs to Ramsey County Beach on right.

For More Information Visit www.whitebearlions.org

REGISTRATION

Check Payable to: White Bear Lake Lions Club
 Send to: Bear Water Run, c/o White Bear Lake Lions Club, 2228 4th Street, White Bear Lake, MN 55110
 Online Registration available at: www.active.com

Name _____ 10 Mile _____ 20 Mile _____ Shirt size S-M-L-XL _____
 Address _____ Male _____ Female _____ Age on Race Day _____
 City _____ State _____ Zip _____ Phone _____
 Email Address _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge the White Bear Lake Lions and other parties associated with the Bear Water Run from all claims, demands, injuries, damages, actions or causes of action from all acts of active or passive negligence on the part of such corporations, organizations, clubs their servants, agents or employees, and hereby assume all the risks associated with my participation in the event. Further, I hereby grant full permission to any and all of the foregoing to use my name, likeness and voice, as well as any photographs, videotape, motion pictures, recordings and any other record of this event in which I may appear for any legitimate purpose including broadcast of the event, the use in any media of this broadcast and in advertising and promotion.

Signature _____ Date _____
 Parents Signature if under 18 _____