



# White Bear Lake Lions Club Bear Water Run



**WHO:** OPEN TO ALL

**WHAT:** 10 MILE / 20 MILE RACE AROUND WHITE BEAR LAKE

**WHERE:** RACE STARTS AT RAMSEY COUNTY BEACH

**WHEN:** SEPTEMBER 9, 2023 @ 8:00 AM

**HOW:** REGISTER AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM), OR FILL OUT FORM BELOW COMPLETELY AND RETURN BY 9/06/23 TO Bear Water Run, c/o White Bear Lake Lions Club, 2228 4th Street, White Bear Lake, MN 55110



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

**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.

## THE RACE OFFERS

- Water / Gatorade stop every 2 miles
- Abundance of food during & at end of race
- Tech shirts
- All finishers receive finishers medal
- Timed by Champion Chip
- USTAF Certified (MN-21020-RR & MN-21018-RR)

## COST & REGISTRATION

**Pre-Race Registration** to be received with payment by 9/06/2023.

**Race Packets** for pre-registered racers will be available Friday 9/8/2023, 6-8:30 PM at White Bear Armory, 2228 4<sup>th</sup> Street, White Bear Lake, and day of race, 9/9/2023, at Ramsey County Beach starting at 6:30 AM.

**Race Day Registration** will be held at Ramsey County Beach on 9/9/2023 from 6:30AM to 8:00 AM.

**10 mile run:** \$55 received by 9/06/2023, \$60 on race day.

**20 mile run:** \$60 received by 9/06/2023, \$65 on race day

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

For More Information Visit: [whitebearlions.org](http://whitebearlions.org)  
REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE (S, M, L, XL) \_\_\_\_\_

Birthdate \_\_\_\_\_ AGE (on Race Day) \_\_\_\_\_ Gender (circle one) M F

RACE LENGTH (circle one) 10 MILE 20 MILE

EMERGENCY CONTACT

NAME \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Knowingly and of 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 Club and other parties associated with the Bear Water Run from all claims, demands, injuries, damages, actions of 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 \_\_\_\_\_

Check payable to: White Bear Lake Lions Club. Send to: Bear Water Run, c/o White Bear Lake Lions Club, 2228 4<sup>th</sup> Street, White Bear Lake, MN 55110. Online registration available at [www.active.com](http://www.active.com)