Viterbo University Friar Frolic 5K Run/Walk
Walk or Run for a Purpose—Support the Wellness Food Pantry and local food pantries
Saturday, October 10, 2015—9 a.m.
Packet pick-up: Friday 4:30–6:30 p.m. in the Viterbo School of Nursing Building Lobby and on race day 6:45-7:45 a.m. at the Mathy Center (north entrance by the clock tower)

NON-PERISHABLE FOOD ITEMS WELCOME DAY OF EVENT

WEATHER: I know that running/walking a race is a potentially hazardous activity. I assume all risks associated with participating in any event, including, but not limited to: falls; contact with other participants or spectators; the effects of the weather including heat, high humidity, cold; traffic; or the conditions of the road surface; all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, hold harmless and release the City of La Crosse, Viterbo University, and all sponsors of the event, their representatives and successors, from all claims or liabilities of any kind arising out of my participating in this event even though that liability might arise out of negligence or carelessness on the part of

REGISTRATION:

- Adult $25
- Youth $12
- Student $15
- Family/Team Rate: $3 discount each for three or more participants in the same immediate family or team of five

WAIVERS:

AWARDS:

- Awards ceremony will be at approximately 10:30 a.m. near the Mathy Center entrance (by the clock tower). Awards presented for 5K participants to first overall male and female finishers and top finishers in each age group and the wheelchair division. Women of the overall and award winners in the individual categories. Everyone wins in the Children’s Alumni Dash.

NEW TEAM COMPETITION:

- Awards will be given for each of the following categories: smallest team size, best team name, longest distance, most food donated taken.

REGISTRATION:

- Go to www.viterbo.edu/register to print additional registration forms. Photocopied registration forms are also acceptable.
- Family discount of $1 per participant for three or more in the same immediate family or a team of five. One registration form per participant is required. Submit family registrations together.

MAKE CHECKS PAYABLE TO: Viterbo University

FEES AT THE DOOR:

- Adults $12
- Youth $6
- Children 10 and under $5
- Community Service $6

Questions:

Call Kathy Duerwachter at 608-796-3072

Thank you for your participation!