

**Registration:** 6:30 a.m. - 7:15 a.m. at Mirror Lake Park in Hettinger on July 4.

**Entry Fees:** \$20 to June 16; \$30 June 17 to July 4 Online registrations ends June 16 at Midnight PRE-ORDERED T-SHIRTS NON-REFUNDABLE

**Start Times:** 7:30 a.m. - Kids 1K Run (11 & under) 3K Run/3K Walk to follow

**Raffle Drawing:** 9:00 a.m. (SEE BACK FOR PRIZES)

**Refreshments & Bananas:** Provided after the race courtesy of Kennedy's Fresh Foods & Pepsi.

#### Awards: Kids 1K Run by age: Male & Female Ages 5 and under, ages 6 - 8, & ages 9 - 11 Youngest Overall 1K Runner 1st Place 3K Run by age: Male & Female 12-16, 17-29, 30-49, 50 & over. Fastest Overall Male & Female 3K Runner Youngest Walker Most Senior Walker (pre-registered) Most Senior Runner

Family Participation (for most pre-registered family members)

## **Sponsors & Donors**

Consolidated · Dacotah Bank · Dakota Plains Federal Credit Union · Dakota Western Bank DWK9 Dog Training · Gate City Bank · Grand River Honey Company · Hands on Health Hettinger City Fitness Center · Hettinger Family Dental · Hettinger Theater · Kennedy's Fresh Foods Lakeside Autobody & Glass · Mirror Lake Lodge · Mizuno Jeremy Galbreth · Pepsi · Salazar Family Shred ND · Smith's Drug & Clothier · Stateline Designs · Stippich Inc. · The Bone & Joint Center Twin City Roofing LLC · Uecker Family · West Plains Inc. · West River Insurance Agency West River Veterinary Clinic · WRHS Foundation · WRHS Registration · Paul & Molly Wolf

Upon submitting this entry form, I waive any and all rights and claims for myself, heirs and assigns for any personal and/or property damage I may have against the sponsors, organizers, agents, or anyone acting in their behalf for the organization of this event. The entry form will also authorize the release of my name and photo to the media.

| <b>PLEASE</b> print or type an entry for <b>each</b> participant.<br>For additional participant listings - see back. | (PLEASE 	vyour event.)                 |  |
|--|--|--|
| Name   | Events: 3K Walk 3K Run                 |  |
| Running or Walking Under Family Name of:   | ☐ Kids 1K ☐ Clydesdale 3K Run          |  |
| Address  |  |  |
| City/State/Zip   | Phone Sex: M F                         |  |
| E-mail   | Age (as of 7/4/24)                     |  |
| Circle T-Shirt Size:   | Raffle: $\Box$ Tickets x $2 = $ +      |  |
| S M S M L XL XXL   | Bucket Draw: $\Box$ Tickets x $1 = $ + |  |
| (youth 6 - 8) (youth 10 - 12) (34-36) (38-40) (42-44) (46-48) (50-52)  | Registration: $\ x $ $=$               |  |
|  | TOTAL \$                               |  |
| Entry fees are payable to WRHSF. So<br>West River Health Services Foundation, Fun Run & W                            | 1                                      |  |

For additional information visit https://www.wrhs.com/ or call 701-567-6187

# **PRIZES WORTH** \$3,430

Net Proceeds To Area Health & Wellness Projects & Activities

### **\$2 Raffle Ticket Prizes:**

\$600 Cash Prize from WRHSF
\$600 (4) \$150 Dog Trainings from DWK9 in Hettinger
\$360 Hettinger City Fitness Center One-Year Membership
\$300 (1) Mizuno Men's & (1) Women's Running Shoes from Mizuno Jeremy Galbreth
\$200 Regent's Enchanted Castle Gift Card from the Uecker Family
\$200 Dunham Sports Gift Card from Jennifer Sanchez (In Honor of WRHS Registration)
\$175 (1) \$90 (1) \$85 Movie Tickets & Concessions Card Bundles from the Hettinger Theater
\$175 Nike Sunglasses from Paul & Molly Wolf

### **\$1 Bucket Draw Prizes:**

\$250 (5) \$50 Gift Cards from Smith's Drug & Clothier in Lemmon
\$100 Gift Card from Black Powder Fireworks in Hettinger
\$80 (4) \$20 Gift Cards from KB Jewelers in Hettinger
\$75 Gift Card from The Grounded Haven Photo Studio in Dickinson
\$60 Gift Card from Sharon Silkman Massage in Hettinger
\$55 Gift Card from Touch of Heaven Massage in Lemmon
\$50 (2) \$25 Gift Cards from IGA Grocery Store in Lemmon
\$40 (2) \$20 Gift Cards from The Flower Box in Lemmon
\$40 (4) \$10 Gift Cards from The Daily Grind in Lemmon
\$25 (5) \$5 Gift Cards from Grandma's Chocolates in Lemmon
\$25 Scheel's Gift Card
\$20 (2) \$10 Gift Cards from Red Barn Bakery in Lemmon

|   | T-SHIRT SIZE | EVENT | SEX | AGE | NAME    |
|---|--------------|-------|-----|-----|---------|
|   |              |       |     |     | ADDRESS |
| _ |              |       |     |     | ADDRESS |