



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.

PLEASE print or type an entry for each participant.
For additional participant listings - see back.

(PLEASE ✓ your event.)

Name _____

Running or Walking Under Family Name of: _____

Address _____

City/State/Zip _____

E-mail _____

Circle T-Shirt Size:

S M S M L XL XXL
(youth 6 - 8) (youth 10 - 12) (34-36) (38-40) (42-44) (46-48) (50-52)

Events: 3K Walk 3K Run

Kids 1K Clydesdale 3K Run

Phone _____ Sex: M F

Age (as of 7/4/24) _____

Raffle: Tickets x \$2 = \$ _____ +

Bucket Draw: Tickets x \$1 = \$ _____ +

Registration: x \$ _____ = \$ _____

TOTAL \$ _____

Entry fees are payable to WRHSF. Submit completed form to:

West River Health Services Foundation, Fun Run & Walk, 1000 Highway 12, Hettinger, ND 58639

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

