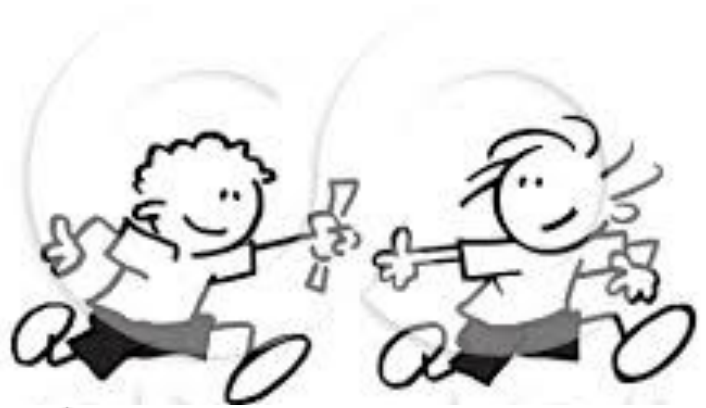


Lap the Lake Family Relay!! (and ice cream social)



Minser Chiropractic Clinic
...where health happens

What: A two person relay around Lake George. Each person completes one lap around the lake. Teams can be child/child, parent/child, mom/dad, neighbor/neighbor, grandparent/grandchild...the possibilities are endless!! Just get a team together and come run.

Why: To celebrate the 25th anniversary of Minser Chiropractic Clinic!! This is NOT a timed event, just get your friends and family together for some good old fashioned running for fun!

When: Tuesday July 14th 6:30 pm, registration starts at 5:30 at the picnic tables by the splash pad. Packet pick-up starts July 13th at Minser Chiropractic from 5-7pm. Pre-registration ends June 30th.

Cost: \$22 per team of two if registered by June 30th, \$30 after June 30th.

Goodies: T-shirts are guaranteed for all pre-registered runners, ice cream at the finish line, and participation award for all children who complete the relay.

Proceeds: All proceeds benefit Oklahaven Children's Chiropractic Center

- **Come and cheer on the runners !!
- **Bring signs, cow bells and noise makers!!
- **Most of all, HAVE FUN!!

Registration Form

Runner 1 _____ AGE _____ Runner 2 _____ AGE _____

T-shirt size (Circle one) Youth M L
Adult S M L XL

T-shirt size (Circle one) Youth M L
Adult S M L XL

Signature _____
(participant or guardian if under 18)

Signature _____
(participant or guardian if under 18)

WAIVER:
In accepting this entry, I hereby for myself waive and release any and all claims and rights for damages I may have against the organization and/or Minser Chiropractic Clinic for the Lap the Lake Relay. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Make checks payable to Minser Chiropractic Clinic and return to 203 Park Ave S, St. Cloud, MN 56301