



Run/Walk & Virtual \$5K Challenge

Grab your favorite flannel shirt, strap on those suspenders and join United Way of 1000 Lakes for a family friendly Lumberjack Fun Run / Virtual 5K Challenge. All proceeds from the event support United Way's fight for the education, health, and financial stability for everyone in greater Itasca.

Through your support, you will:

- Help young people have the resources needed to be successful in life
- Ensure families have the opportunity to move towards self-sufficiency
- Empower individuals to live active healthy lives

To learn more about our work, and to get involved in other ways, please visit unitedwayof1000lakes.org.

EVENT DAY SCHEDULE

8:30 AM	Registration
9 AM	Start
10:30 AM	Award Presentation
11 AM	Finish

Costume Run/Walk

United Way invites kids and adults to channel their flannel in the **Lumberjack Mile and 5K**. Registration is available online at unitedwayof1000lakes.org. Registration fee includes an awesome, soft, collectible t-shirt by Jenny Farber of Chaotic Beauty Artistry. The first 100 registrants will receive a t-shirt. Race day registration is available, but t-shirts are not guaranteed. Bib and t-shirt race packets are available on race day starting at 8 a.m.

Mile Fun Run/Walk: a shorter 1-mile path going partially around Ice Lake.

5K Fun Run/Walk: a 3.1 mile course looping through the Itasca County Fair Grounds.

COST: \$20 Adults (ages 18 and up); \$10 Children (ages 4-17); Free (children 3 years and under) or waive fee by taking the Virtual 5K Challenge (details below)

PRIZES: Prizes awarded to Lumberjack Mile & 5K best Lumberjack costume

Virtual \$5K Challenge

The **Virtual \$5K Challenge** is for everyone who wants to have some competitive fun while helping improve lives across the Itasca area. It's a great opportunity for students, families, friends and work colleagues to team up and do some good for greater Itasca. Take the challenge and help United Way raise \$5K to kick start their fall campaign. Plus, every person who raises a minimum of \$50 receives an automatic Lumberjack Mile & 5K entry and commemorative t-shirt.

WHAT TO DO:

- 1) Register and start a team!
- 2) Invite all your friends and all their friends.
- 3) Raise money that will change thousands of lives, right here – in the Itasca area.
- 4) Follow your progress on our leaderboard.
- 5) Have fun while being a ***do-gooder!***

COMPETITION AND PRIZES: The sooner you register, the sooner you can get a leg up on the competition! Recruit others to join your team, fundraising and social sharing. Follow the competition on our leaderboard. **The highest fundraising team will receive bragging rights as well as special prizes.**

How to Prepare

FOLLOW US on Facebook, Instagram and Twitter.

WHAT TO WEAR: Dress comfortably and don't forget to wear your lumberjack flannel.

PARKING will be available in the parking lot on 1st Avenue NW kiddy corner from Old Central School, and around the perimeter of Old Central School.

FOOD: You can fuel up after the race with a hot pancake breakfast. Invite friends and family to join us at Old Central School for all community activities, including a pancake cook-off, flip relay, pancake breakfast (with toppings bar), and games.

More Information & Online Registration

Visit online at unitedwayof1000lakes.org or call 218-999-7570.



JOIN US FOR THE
LUMBERJACK MILE & 5K
SATURDAY, SEPT. 8TH • 9 AM

REGISTER TODAY!

Lumberjack Mile and 5K

September 8th, Downtown Grand Rapids

8:30 AM Check-in & Registration; 9 AM Start

First _____ Last _____ Tel _____ home | cell

Home Address _____ City _____ State _____ Zip _____

Email (*United Way does not share your information*) _____

Emergency Contact's Name and Phone Number: _____

Individual Team Registration (*name*): _____

T-shirt size: [ADULT] Small Medium Large X-Large XX-Large
 [CHILD] Small Medium

Registration Fee:

- \$20 Adults (*ages 18 and up*)
- \$10 Children (*ages 4-17*)
- Free (*children 3 years and under*)
- I'd like to waive my fee by joining the Virtual \$5K Challenge, contact me with sign-up information.

I have read and agree to the Liability Release.

In consideration of United Way of 1000 Lakes, I hereby waive any right or cause of action arising as a result of my participation in said project from which any liability may or could accrue against United Way of 1000 Lakes, its agency(s), Itasca County & The Agricultural Association, any of their officers, directors or employees, collectively and individually.

Without limiting the generality of the foregoing, I agree that this waiver shall include any rights or causes of action resulting from personal injury to me or damage to my property, sustained in connection with my participation.

Participant Signature: _____

If under 18, Parent/Guardian Signature: _____

All proceeds benefit the United Way Community Investment Fund, which support local programs impacting one-in-three in the Itasca area.

Please make checks payable to: United Way of 1000 Lakes

Mail registration to: United Way of 1000 Lakes, 350 NW 1st Avenue, Suite A, Grand Rapids MN 55744

For more information, visit unitedwayof1000lakes.org, email info@unitedwayof1000lakes.org or call 218-999-7570.