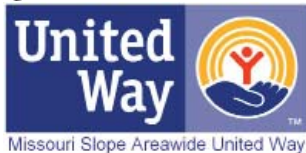


Hottest Race & Best Picnic of the Year



13th Annual Summer Celebration Tour da' Park 5K Walk / Run / Roll

Wednesday, July 29, 2009

Registration - 4:30 p.m.; Rollerblade starts at 6:00 p.m. (CDT);

Wheelchair starts at 6:05 p.m.(CDT); Run starts at 6:10 p.m. (CDT); Walk starts at 6:15 p.m. (CDT)

Sertoma Park - Shelter #10, Bismarck, ND



A personal donation of \$15 to UNITED WAY (pre-registered) or \$20 (day of race) and \$10 for each additional immediate family member qualifies you to participate in the 5K walk / run / rollerblade / wheelchair event and compete for age group awards in the following categories: (All kids under 10 will receive an award); 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 & over. Awards will be presented following the 5K walk / run / roll event. All participants will receive an event t-shirt and are eligible for door prizes (must be present to win). After touring da' park, participants can relax and enjoy food & refreshments featuring "beer and brats" (including: beverages, fresh fruit, pickles, beans, chips & condiments).

Those pre-registered on or before July 15, 2009 (postmarked), will be eligible for the early-bird door prize!

(A \$100 gift certificate from Kirkwood Mall)

TO JOIN US

1. Fill out entry form below. (Additional forms are available by calling 701-258-7117). Copies are OK.
2. Include donation made out to: **UNITED WAY**
3. Return entry form and check or credit card # to: United Way, C/O Lignite Energy Council, PO Box 2277, Bismarck ND 58502

Lots of Fabulous Door Prizes Including:

Gift Certificates

iPod * Many More Prizes!

TEAM COMPETITION!

Two runners & three walkers will make up each team
(participants must have a common affiliation). Plaque awarded.

PLEASE NOTE: If you don't want to roll, run or walk, we still encourage your participation in this important charity event! Registration includes a t-shirt, picnic, and a chance for GREAT door prizes.



Summer Celebration Tour da' Park 5K Walk / Run / Roll Entry Form

Attach additional forms for spouse and family members / No refunds in case of inclement weather (t-shirt will be available if event cancelled)

Name: _____ Age (as of 7/29/2009): _____ Sex: M ___ F ___

Company: _____ Email: _____

I am participating in the team competition: YES NO (A team is any group of people with a common affiliation - work, family, school, organization, etc.) Name of team: _____

Other team participants: _____

Address: _____ City / State / Zip _____

Phone: Day _____ Evening _____

T-shirt size: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

Event (Please Check One): ___ 5K Walk ___ 5K Run ___ 5K Rollerblade* (helmet required)

___ Picnic Only ___ 5K Wheelchair* (helmet required)

Donation (Please Check One): ___ \$15 Personal donation (pre-registered) ___ \$20 Personal donation (day of race)

___ \$10 for additional immediate family member (spouse and children*)

*Note: Only spouse and children under 18 are eligible for the additional family member \$10 donation.

Credit Card # (VISA / MasterCard / American Express) _____ Expiration Date _____

Name on Credit Card _____ Security Code (last 3 or 4 digits on back of credit card) _____

Upon completing this entry form, I hereby waive all rights and claims for damages I may have against the organizations sponsoring this event, for any and all injuries sustained by me, or by my child, at said event.

Signature: _____ Parent Signature if under 18: _____

*** ROLLERBLADE & WHEELCHAIR PARTICIPANTS - PLEASE NOTE: ANSI- or SNELL-approved helmets are required (knee, elbow, wrist and hand protection is strongly recommended).**

Send form to: United Way, C/O Lignite Energy Council, PO Box 2277, Bismarck, ND 58502 (FAX - 701-258-2755)