

COURSE DESCRIPTION

The 2.48 mile fun run/walk will be held on the beautiful campus of St. Johns Military Academy in Delafield.

EXPO

The EXPO and packet pick-up will take place at be Fitness in Delafield from 12:00-3:30 on Saturday, April 24. Come and meet with local health and wellness vendors to see the latest and greatest running, nutrition, and multi-sport products and information.

RACE INFORMATION

The race will start at 4:00 pm on the campus of St. Johns Military Academy. Stick around for a post-race YOGA stretch with fellow team member, Trish Washburn. The first 250 registrants will receive a one-of-a-kind TEAM 4k beanie...NOT FOUND IN STORES!! Race will be held rain or shine.

FEE\$ (NON-REFUNDABLE)

4k Fun Run: \$20 per person postmarked on or before April 1, 2010. (\$30 on race day)

Checks payable to **TEAM 4.**



Please join us for our kick-off to a great 2010 season! The First Annual 4k will raise funds to continue the race to find a cure for cancer and bring together all those affected by it.

If you are like most people, your life has been touched by cancer. Whether you've experienced it personally or by way of a friend or family member, it affects us all...TEAM 4 is a grassroots, community based team that unites women in our cause to find a cure for the 4 cancers that predominantly effect women~ *uterine, ovarian, cervical, and breast.*

Mission: TEAM 4 is committed in the race to fight cancer. We will inspire women to live healthy lifestyles in all we do. We believe that education; early detection and support will lead to more lives free of cancer.

TEAM 4K REGISTRATION

Registration also available at www.active.com

LAST NAME: _____ FIRST NAME _____

ADDRESS: _____

CITY / STATE / ZIP _____

PHONE: _____ E-MAIL: _____

Are you a 2010 Team 4 Member: Yes No

Fees: \$20 per person post marked before 4/1/10; \$30 race day. *Checks payable to TEAM 4*

MAIL REGISTRATION TO:

be fitness
att: 4k Run
405 Genesee Street
Delafield, WI 53018

Waiver and Release

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets, roller blades or skates during the race. I agree not to bring baby strollers/joggers, scooters or dogs onto the race course. (Baby strollers/joggers and dogs are permitted on the walk.) Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Team 4 including Race Officials; Volunteers; any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event though that liability may arise out of negligence or care less ness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to all of the persons or entities in this waiver and/or agents authorized by them to use any photographs, videotapes, motion pictures recording, or any other record of this event for any purpose. Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in the second paragraph of this Release & Waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in this event.)

Signature _____ Date _____ Parent or Guardian (if under 18) _____ Date _____

In case of Emergency, notify: _____ Phone: _____

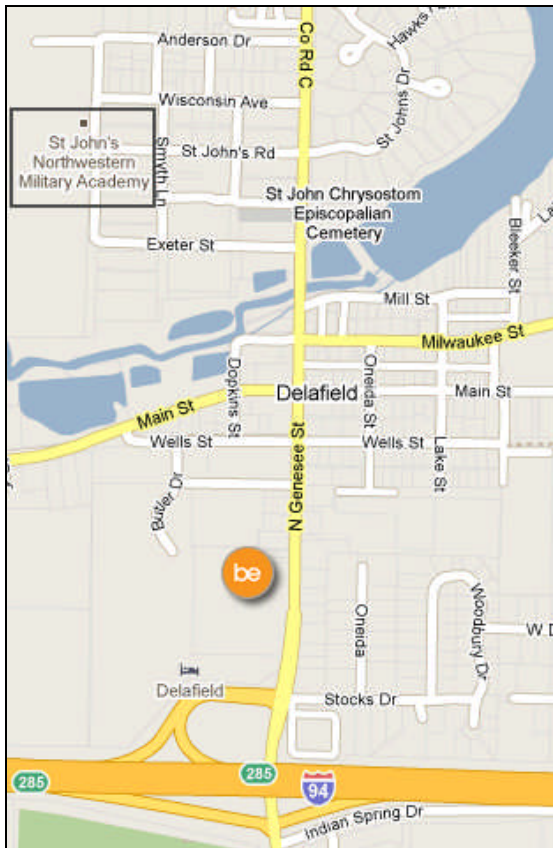
DIRECTIONS

Packet Pickup: *be fitness*

405 Genesee Street, Delafield
Located 1 block north of I94 on hwy C

Run: St. Johns Military Academy

1101 North Genesee Street, Delafield
From Milwaukee:
94 West to exit 285 to hwy C toward Delafield
Turn left on Co. Rd. C/N. Genesee St.



be fitness
ATT: 4K RUN
405 GENESSEE STREET
DELAFIELD, WI 53018

1st Annual TEAM 4k

Saturday, April 24
Delafield, Wisconsin
4:00 p.m.



www.goteam4.com