



St. Patty's Day .01K

Please join us to help raise money for The Hunger Task Force at the 5th Annual World's Shortest Run/Walk - .01k – that's 32.8 FEET!

The .01k will be held on the evening of St. Patrick's Day on Pearl Street in Downtown La Crosse.

For your donation of \$15, you will receive an official 2010 St. Patty's Day .01k T-shirt, you will participate in the run/walk, and you will enjoy a free beverage the post party at Coconut Joes!!

This is the time of year when the food banks are at an all-time low. They need to replenish their stock after the holidays, to make sure struggling families have much needed food.

We will close down Pearl Street at 5:00 pm on WEDNESDAY, March 17th. The official start time for the .01k will be 6:30 pm.

Race for the finish...and into Coconut Joe's for some Green Beads, Green Beer, and of course all of the regular St. Patrick's Day Shenanigans!

Pre-registration is encouraged. Just fill out the next page, write a check, drop it in the mail, or swing it by the studio at 201 State Street, La Crosse.

The ultimate way to celebrate St. Patrick's Day!
Give a little – Get a little – Help A LOT!

For more information call 784-0957



*****FILL OUT THE FOLLOWING FORM AND RETURN IT TO US ASAP*****

ST PATTY'S DAY .01K REGISTRATION FORM

Benefit Run/Walk, Wednesday, March 17, 2010

**FIRST 200 REGISTERED "RUNNERS" RECEIVE A FREE EVENT T-SHIRT
ALL PARTICIPANTS WILL RECEIVE A FREE BEVERAGE AT THE POST
PARTY TO BE HELD @ COCONUT JOE'S - CORNER OF 3rd & PEARL.**

(Coconut Joe's reserves the right to refuse service due to intoxication.)

REGISTRATION/WAIVER FORM (The Leagleze)

The undersigned (on my own behalf and on behalf of my heirs, personal representatives, successors and assigns), for and in consideration of the opportunity to participate in "St. Patty's day .01k", (hereinafter, EVENT(S) sponsored and or conducted by 95-7 The Rock, and Coconut Joe's (hereinafter the "RELEASED PARTIES") releases and holds harmless the "RELEASED PARTIES" from any and all claims and demands, rights, and causes of action of any kind whatsoever which I now have or later may have against the "RELEASED PARTIES" in any way resulting from, arising out of, or in connection with my participation in any said EVENT(S).

This release extends to any and all claims I have, or later may have against the "RELEASED PARTIES" whether or not such claims result from negligence (except willful neglect) on the part of any and all of the "RELEASED PARTIES" with respect to the EVENT(S) or with respect to the conditions, qualifications, instructions, rules or procedures under which the EVENT(S) are conducted or from any other cause. I UNDERSTAND THAT THIS MEANS THAT I AGREE NOT TO SUE ANY OR ALL OF THE "RELEASED PARTIES" FOR ANY INJURY RESULTING TO MYSELF OR MY PROPERTY ARISING FROM, OR IN CONNECTION WITH SAID EVENT(S).

I am voluntarily participating in the EVENT(S) and I expressly agree to assume the entire risk of any accidents or personal injury, including death, which I might sustain to my person and property as a result of my participation in the EVENT(S), whether or not such risk results from negligence (except willful neglect) on the part of any of the "RELEASED PARTIES".

WAIVER OF RIGHTS UNDER STATE STATUTES

I further agree to waive all benefits flowing from any state statutes, which would negate or limit the scope of this Release and Indemnification Agreement. By signing this Release, I certify that I have read this Release and fully understand it, and I am not relying on any statements or representations made by the "RELEASED PARTIES"

THIS IS A RELEASE/REGISTRATION - READ BEFORE SIGNING

Runner

Signature: _____

Print Name: _____

Address: _____

City/State/Zip: _____

Preferred Shirt size* _____

Runner

Signature: _____

Print Name: _____

Address: _____

City State Zip: _____

Preferred Shirt size* _____

*Shirt size cannot be guaranteed. There is a limited supply. We will do our best to accommodate all pre-registered participants

**FORM MUST BE COMPLETED BEFORE THE EVENT! PRE-REGISTRATION
\$15.00 PER PERSON. MAKE CHECK PAYABLE TO "THE ROCK", DROP OFF
AT 2nd AND STATE STREET, OR MAIL TO PO BOX 99, LA CROSSE, WI, 54601
BEFORE MARCH 15TH, 2010. DAY OF EVENT REGISTRATION IS \$20.00.**