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Special Thanks



**Colonial Club
Senior Activity Center**

301 Blankenheim Lane
Sun Prairie, WI 53590



**2010 STRAWBERRYFEST
RUN / WALK**
SATURDAY, JUNE 19, 2010
8:00 am - RAIN OR SHINE!



10K Run, 5K Run/Walk, One mile Run/Walk
The Colonial Club Senior Activity Center proudly announces the
23rd Annual StrawberryFest Run / Walk.
Madison Area Running Series participant. Proceeds from the event are used to help
support Colonial Club programs for senior adults in Northeast Dane County.

**StrawberryFest
Schedule of Events**

Saturday, June 19

- 6:45 am Run/Walk Registration
- 8:00 am Run/Walk Begins
- Breakfast
- Bake Sale
- Indoor/Outdoor Craft Fair
- Raffles & Drawing
- Used Book/CD/DVD Sale
- Strawberry Shortcakes
- Plant Sale
- Big Berry Wheel
- Inflatable Obstacle Course
- 8:30 am Strawberry Quart Sales
- Strawberryland
- Children's Carnival
- 9:00 am Bowling Blitz
- Entertainment begins on the Outside Stage
- 10:00 am Wine Tasting
- 10:30 am Lunch
- 3:00 pm Drawing/Raffle Winners Announced

Special Thank You
*East Dane County Chapter of
Thrivent Financial for Lutherans*

10K Run:

Starts at the side of the Colonial Club on Chase Blvd., right on Dewey St. left on Hill St., right on Vine St., right on Columbus, right on Stone Quarry TURN-AROUND near Florence Dr., left on Columbus St., left on Laura St., left on Musket Ridge Dr., left on Harvest Lane, left on Shuster, right on Pilgrim Trl. (which turns into Thomas Dr.), left on Blankenheim to the finish.

5K Run:

Starts at the side of the Colonial Club on Chase Blvd., right on Dewey St., left on Hill St., right on Vine St., right on Columbus, right on Laura St., left on Musket Ridge Dr., left on Harvest Lane, left on Shuster, right on Pilgrim Trl. (which turns into Thomas Dr.), left on Blankenheim to the finish.

1 Mile Run: Starts at the front of the Colonial Club on Blankenheim Lane, right on Thomas Dr., continue on Thomas Dr., TURNAROUND at Sunnyview Ln., back down Thomas Dr., left on Blankenheim Ln., left on Chase Blvd., finish line is on Chase Blvd. on the side of Colonial Club.

REGISTRATION: Pre-register online at www.colonialclub.org. or by sending the attached entry form and payment to **Colonial Club, 301 Blankenheim Lane, Sun Prairie, WI 53590, Attn: Run/Walk.** You may also register on the day of the event between 6:45-7:30 am at the Colonial Club. The option of no t-shirt is not available. All courses begin and end at Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie, WI.

All participants **must check in** the day of the event at the Colonial Club between 6:45-7:30 am. All participants are eligible for door prizes upon race completion (must be present to win).

AWARDS: **5K & 10K run:** Medals will be awarded for the top three (male and female) finishers in the following age categories: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59, 60-69; and 70+.

1 Mile Run: Medals will be awarded for the top (male and female) finishers 12 & under and all run participants will receive a certificate of completion. You will receive special instructions day of race.

Walkers are non-competitive. Immediately after the race, we will provide free refreshments.

Please use our **free shuttle**, which is available from Sacred Hearts Parking Lot (on Vine St.) and Cannery Square (Main St.) 6am-3:30pm

1 Mile or 5K Walk: Walkers are non-competitive. The 1 mile walk follows the same route as the 1 mile run and the 5K walk follows the same route as the 5K run. Please refer to the corresponding race for route.

Route maps are available at www.colonialclub.org

For more information or questions, contact Cindy Weissmann (608)837-4611, ext. 101 cweissmann@colonialclub.org

2010 StrawberryFest Run/Walk Registration Form

\$20 adults/\$12 children on or before June 17th (To guarantee a T-shirt of correct size, entries must be received by June 4th) **\$25 adults/\$15 children** on race day. Children= 12yrs & under.

(Please print clearly)

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____ Male _____ Female _____
Email address _____
Date of Birth _____ Age _____

Circle race entering—Entrants may enter *only one* race!

Circle T-Shirt Size

10K Run

5K Run

5K Walk

1 Mile Run

1 Mile Walk

S M L XL
XXL XXXL

Youth Sizes available—pre-register ONLY YS YM YL

Liability and Publicity Waiver:

I know that running or walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a Colonial Club StrawberryFest official relative to my ability to safely complete the run/walk. I assume all risks associated with running or walking in the event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, conditions of the roads and traffic, all such risks being known and appreciated by me. Having read this release and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Colonial Club, Inc., all municipalities, corporations or entities within where the StrawberryFest Run/Walk is held, and all sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation in this event. I grant to Colonial Club StrawberryFest and its sponsors the exclusive right to the free use of my name, my voice and /or my picture in any broadcast, advertising, promotion or other account of this event.

Participants under the age of 18 must have parent/legal guardian signature.

SIGNATURE _____ **DATE** _____

May we put you on our exclusive mailing list? *yes* *no* (Please circle one)

- Check Enclosed (please make payable to the Colonial Club)
- Credit Card (MC, VISA, AMX – Circle which one) Exp Date _____

Credit Card Number _____ Amt. Authorized \$ _____

Cardholder Name _____

Cardholder Signature _____

Credit card payments can *only* be accepted for pre-registration.