



Join us for a fun run/walk/skip around West Lake Winona. Solomon's friends and teammates from soccer and cross-country will be posted around the lake with Super Soakers to soak the participants as they pass. The finish line will be a 34-foot blow up slip-n-slide. Post race fun includes a large blow-up obstacle course, a bounce house, a dunk tank, music and food. We are planning a day of physical fun, community building and awareness. All of the proceeds from the race will be used to provide programming for mental health awareness, healthy living and celebrating diversity.

Event details and schedule

- Super Soaker Fun Run/Walk Saturday, August 13 at 10:00 a.m. at West Lake Winona
- Race fee: Individual \$20. Teams of 4-6 \$15/ per person
- Packet pick-up: Thursday 3-6 p.m. and Friday 11:00-2:00 at Live Well Winona, 619 Huff Street, Winona, MN
- Race day packet pick-up: 8:30-9:45 at Winona Senior High, 901 Gilmore Ave, Winona, MN
- Wear your best super soaker fun wear and get ready to get soaked! Strollers welcome.
- Hang around after the run/walk to play on inflatables, play games, eat, have fun and build community.
- Parking available in the High School Parking lot 901 Gilmore Ave. Winona, MN

Register online at Active.com (keywords **Solomon's Super Soaker Fun Fest**)

<http://www.active.com/winona-mn/running/distance-running-races/solomon-s-super-soaker-fun-fest-2016> Or send the complete registration form, signed waiver and registration fee to:

Solomon's Song
226 W. Wabasha St.
Winona, MN 55987

Solomon's Super Soaker Fun Fest

August 13, 2016 @ 10:00 a.m.

Participant Name _____

Date of Birth _____

Email Address _____

Address _____

Emergency Contact Name _____

Emergency Contact Phone _____

T-shirt Size- circle one

Youth Small

Youth Large

Adult Medium

Adult X-Large

Youth Medium

Adult Small

Adult Large

Waiver

The activity for which you are registering, Solomon's Super Soaker Fun Fest, may be physically challenging and may pose a risk of discomfort, illness, injury, and even death. You need to be satisfied that you are physically capable of doing the Event without undue risk to your health or your life. We do not conduct health or fitness checks on entrants. The Event may involve inherent risks and dangers to participants and observers and, accordingly, you participate or observe at your own risk.

Where you have registered or entered on behalf of anyone under the age of 18 or have accompanied anyone under the age of 18 to observe the Event, you also agree to the contents of this Agreement and Waiver on behalf of the person under 18.

In consideration of being permitted to register and/or participate in and/or observe the Event, on behalf of yourself and any personal representatives, assigns, heirs, executors, successors, next of kin, and persons supported by you, you understand that:

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Solomon's Song Nonprofit Organization and all event volunteers and organizers and the city of Winona, MN and the Winona Area Public School District, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

If Registering a team*, please fill out:

Team Name _____

Team Member's Names:

EACH team member MUST complete registration form AND sign a waiver!