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ORTHOPEDIC & SPORTS  
INSTITUTE OF THE FOX VALLEY™  
2105 E. Enterprise Ave.  
Appleton, WI



April Fools'  
FUN RUN/WALK  
It's all about the hats!

5K RUN/WALK  
Friday, March 30, 2012  
(6:00 p.m.)



ORTHOPEDIC & SPORTS  
INSTITUTE OF THE FOX VALLEY™

2105 E. Enterprise Ave.  
Appleton, WI

www.osifv.com




# April Fools' FUN RUN/WALK

All proceeds from the **OSI ~ Miron Construction April Fools' 5K** will go to **Appleton North, Appleton East & Appleton West** high schools' athletic programs.

**2nd ANNUAL APRIL FOOLS' 5K:** The area's **only** April Fools' Fun Run/Walk, and it's happening here **at 6:00 p.m.**

**FEES: ADULTS**  
 Before 3/20/12: \$25.00  
 After 3/20/12: \$30.00  
 Day of Race: \$35.00

**STUDENTS**  
 Ages 18 & Under \$15.00

**ENTRIES:** All entrants will receive \$5 in Happy Bucks to Happy Joe's, chip timing and a  long-sleeve technical shirt (retail: \$28). Entries received after **Tuesday, March 20th**, are NOT guaranteed a T-shirt.

Please visit [www.fleetfeetfoxvalley.com](http://www.fleetfeetfoxvalley.com) for more information on the official training program for the April Fools' 5K.

## ORTHOPEDIC & SPORTS INSTITUTE



For event details, directions and registration forms, visit us at [www.osifv.com](http://www.osifv.com) or "Like" us on **Facebook** to receive race updates.

## RACE DAY AGENDA

- 4:00 - 5:45 p.m.** Registration
- 6:00 p.m.** April Fools' 5K Run Begins!
- 6:30 - 10:30 p.m.** **Strike up the Band at Players Choice!** Entertainment by award-winning local band **Half Empty**.
- 9:15 p.m.** **BEST HAT PRIZE AWARDED!**  
 April Fools' 5K TOP Prize: **\$250 Scheels gift card**

## PACKET PICK-UP

- Wednesday, March 28:** Fleet Feet Sports Fox Valley ~ 920.830.7867 ~ 4:00 - 7:00 p.m.
- Thursday, March 29:** 3:00 - 6:00 p.m. at OSI
- Friday, March 30:** Race Day Registration & Packet Pick-Up ~ 4:00 - 5:45 p.m. at OSI

## 5K RUN/WALK

Competitive and recreational 5K will start at OSI and finish at Players Choice. This 3.1-mile course is perfect for all ages. Flat and fast! Shuttles by Lamers will be available.

## A FAMILY EVENT

Strollers and wagons are welcome! However, for the safety of all participants, we encourage you to begin at the rear of the starting area.

## CONTACT INFORMATION

**Courtney Vosters, AASD Program Director,**  
 Orthopedic & Sports Institute ~ 920.277.1722  
[courtney.vosters@osifv.com](mailto:courtney.vosters@osifv.com)

## ORTHOPEDIC & SPORTS INSTITUTE ~ MIRON CONSTRUCTION

### It's All About the Hats!

**AWARDS** will be presented to the overall male and female finishers. Also, awards to the first three male/female age group finishers (excluding overall winners).

**Age groups:** 14 and under  
 15-19  
 20-24  
 25-29, etc.

Award ceremony will take place at Players Choice following the completion of the race.

**Overall Most Attention-Getting Hat winner earns a \$250 Scheels gift card.**



## POST-RACE FUN at PLAYERS CHOICE

**Half Empty: 6:30-10:30 p.m.**

**Food, Beverages and Raffle Tickets will be available for purchase.**

**Shuttle:** Lamers will provide shuttle service between OSI & Players Choice starting at 5:00 p.m. and every 30 minutes until 10:30 p.m.

## 5K REGISTRATION FEES

Please make checks payable to: **AASD/OSI 5K**

**Mail to: Courtney Vosters**  
 Orthopedic & Sports Institute  
 2105 E. Enterprise Ave.  
 Appleton, WI 54913

**Or register on-line at:** [www.active.com](http://www.active.com)

### ADULTS

Before 3/20/12: \$25.00  
 After 3/20/12: \$30.00  
 Day of Race: \$35.00

### STUDENTS

Ages 18 & Under \$15.00

*No refunds. Registration fees are non-transferable. All 5K participants must complete a waiver on or before race day. Please be sure to read and sign the enclosed waiver and release.*

## PLEASE COMPLETE THIS ENTRY FORM

*Use one form per person. This form may be duplicated.*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**e-Mail \*** \_\_\_\_\_  
*\* Required for race correspondence*

**Phone** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_

**Gender:** M F

**ADULT** T-shirt size: XS S M L XL XXL

**CHILD** T-shirt size: S M

**Amount Enclosed:** \$ \_\_\_\_\_

## WAIVER & RELEASE FORM

***Waiver:** I understand that running a race is a potentially dangerous activity. I should not enter and compete unless I am able and properly trained. I agree to abide by a decision of a race official, relative to my ability, to safely complete the race. I assume all risks associated with competing in this event including, but not limited to: falls, contact with other participants, effects of the weather including, cold, high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf waive and release all race officials and agents; the City of Appleton; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of persons and not named in this waiver.*

SIGNATURE of ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE of PARENT/GUARDIAN (if under 18) \_\_\_\_\_ DATE \_\_\_\_\_