

Join the FUN!!

Photos from
the 2008
Expo Fun
Run



Race Director:
Tina R. Hart
406-788-9319
Email: trhart66@msn.com
Great Falls Tribune
205 River Drive S.
Great Falls, MT 59405
www.whatwomenwantfunrun.com

GREAT FALLS
TRIBUNE
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4th Annual



*Saturday
October 10, 2009
9:00 a.m.*

Brought to you by
the
Great Falls Tribune

**MEN ARE
WELCOME!!!**

Run Info

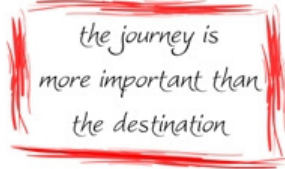
Location

The course will follow the River's Edge Trail starting and finishing at West Bank Park. Runners and walkers are welcome. Please no strollers, bicycles, skates, skateboards or dogs. There will be porta-potties available at the start on race day.

Date and Time

The race will be Saturday, October 10, 2009. starting at 9:00 a.m. snow, rain, wind or shine.

Course



The race will form a 3.5 mile loop along River's Edge Trail, starting and ending at West Bank Park. The course is mostly flat with slight hills near the bridges and the new dog park. The only place you cross the road is at the skate park. View the race map at www.usatf.org/routes/view.asp?rID=292405. There will be one water station along the way (at the dog park.) Race will be loosely timed.

Pre-Registration

Please mail registration form and \$15 fee to Tina R. Hart, Race Director c/o GF Tribune, 205 River Drive S, GF MT 59405.

Race Day Registration

Available from 7:30am until 8:30am day of the race in the picnic shelter at West Bank Park. T-shirt is not guaranteed on race day.

ONCE A RUNNER
ALWAYS A RUNNER

Race Packet Pickup

Pre-registered runners can pick up their packets at the Tribune on Friday, October 9 from 3:30p.m. to 6p.m. Packets will include a T-shirt, bib number and other misc items. T-Shirts are guaranteed to the first 200 registrants only. For the best size selection please register early. Packets can also be picked up the morning of the race starting at 7:30 a.m.



Results and Awards

Results will be printed in the Tribune on Sunday after the race and will be available online. There will be awards for 1st and 2nd place finishers. Awards will be presented at conclusion of race.



In honor of October as National Breast Cancer Awareness Month, a portion of the proceeds from this race will be donated to the Susan G. Komen Breast Cancer Foundation - MT Affiliate

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Registration Form

What Women Want Expo Fun Run \$15.00

Please enclose check or money order made payable to:
Great Falls Tribune.

You can also sign up online with a credit card at:

www.whatwomenwantfunrun.com

Name _____

Address _____

Gender: Female Male Age on Race Day _____

Phone _____

E-Mail Address _____

Shirt Size

Small

Large

Medium

X-Large

Signature _____

Signature of Parent if applicant under 18

Waiver: In consideration of my entry in the Fun Run on October 10th, 2009, I understand that running is strenuous exercise. In signing, I agree to waive and release any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the Great Falls Tribune, sponsors, volunteers, contractors, or subcontractors which may arise from my participation in the event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or continue to provide any such services and is not a waiver by any said parties of any right hereunder. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring from my participation. As part of the waiver, I acknowledge that I have read and understand all of the above and, in consideration of this being an amateur event, I release the rights to any and all photographic material, motion pictures, videotape, recording, computer information and/or any other record organizers may wish to release for this event without obligation from me.

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