

ABOUT CAMP ODAYIN

Camp Odayin provides fun, safe and supportive camp experiences and community building opportunities for young people with heart disease and their families. We offer the opportunity to strengthen self confidence, gain independence, develop life skills, and meet other young people with similar health, emotional and social concerns. A non-profit organization, Camp Odayin is fully funded through corporate gifts and private donations. The only charge for a camper to attend is a \$25 registration fee.



All proceeds from the Heart & Sole Fun Run help send special children with heart disease to camp.

www.campodayin.org

CAMP
ODAYIN
PO Box 2068
Stillwater, MN
55082

Non-Profit Org.
U.S. Postage
PAID
Permit No. 7132
Saint Paul, MN

CAMP ODAYIN

Heart & Sole

5K FUN RUN / 2.5K WALK

8th Annual

Saturday September 11, 2010

Como Park 1360 Lexington Parkway, St. Paul



LIFE TIME FITNESS
FOUNDATION

Boston Scientific

SCHEDULE

- 9:00-9:30 AM Participant check-in, kids yoga by Blooma™ and TURTLE RACES!
- 9:30 AM Camper stories, camp songs, warm-ups. (This is where the big fun starts!)
- 10:00 AM The race begins. Runners complete two laps around the lake (5k). Walkers/strollers complete one lap around the lake (2.5K).

After the race, join fellow participants for caramel apples and snacks in the Lakeside Pavilion. All participants are automatically entered into a fabulous raffle. Prizes will be awarded to first place male and female runners.

ENTRY FEES

- Adults (ages 13 and up).....\$25
 - Children (ages 7 to 12)\$15
 - Camp Odayin campers\$15
 - Ages six and underFree
- Sorry, shirts not available for ages six and under.

Make checks payable to: Camp Odayin
PO Box 2068
Stillwater, MN 55082

Registrations received by August 27th will receive a Heart & Sole Fun Run long-sleeved t-shirt. Participants may still register after that date, but only registrations received by August 27th will receive a t-shirt. T-shirts are available for pickup on the day of the event. No Refunds. The event will take place rain or shine.

LOCATION



Meet at Como Park/Black Bear Crossing at 1360 N. Lexington Pkwy, St. Paul. Follow the posted signs to the event.

Free parking can be found at the Black Bear Crossing and Como Zoo parking lots.

REGISTRATION

NAME _____ AGE _____ T-SHIRT SIZE: ADULT S M L XL XXL XXXL YOUTH S M L
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 NAME _____ AGE _____ T-SHIRT SIZE: ADULT S M L XL XXL XXXL YOUTH S M L
 ADDRESS _____ CITY _____
 STATE _____ ZIP _____ EMAIL _____
 TELEPHONE (cell) _____ TELEPHONE (home) _____

Our money is not included today, but will be turned in at the event. We are unable to attend, but have included a donation.

I am running/walking in honor of: _____

Want to give even more to Camp Odayin? Ask your friends, family and co-workers to sponsor you. If you raise \$100 (per registrant), your entry fee will be waived and your name will be entered in a special prize drawing. Please make all checks payable to Camp Odayin.

DONOR NAME	ADDRESS	RECEIPT REQUESTED	PLEDGE	COLLECTED
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

WAIVER (must be signed by participant.) I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to and from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to, falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by my negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

PARTICIPANT SIGNATURE _____

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

Please tear-off registration and mail to: Camp Odayin, PO Box 2068, Stillwater, MN 55082 or fax to: 651.351.9187

Additional copies of this form can be found on our website.

REGISTER ONLINE! www.campodayin.org/events_calendar.htm