

BearPower

Homecoming Celebration FAMILY WALK/RUN



Get BearPowered this homecoming weekend! Families and community members are invited to join BearPower for a free fun walk/run. Gather your family, friends, and neighbors and come out to get active and celebrate our community spirit. All ages and abilities welcome.



The first 624 registered participants will get a BearPower Community Services and Recreation t-shirt! Free snacks and refreshments will be served.



When: Saturday, September 28, 2013 at 8 a.m.
See registration form for details on how to sign up

Where: White Bear Lake Area High School - South Campus
3551 McKnight Road
White Bear Lake, MN 55110



Courses: 6.24K (3.87 miles) and/or 1 mile walk/run



Cost: FREE!



Did you know that a **celebration** is the name for a group of polar bears? So come celebrate with us and get **BearPowered!**



BearPower is a community-wide movement helping families eat well and be active. Join us to support healthier kids and a stronger community.

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WITH



BearPOWER

Homecoming Celebration FAMILY WALK/RUN



Registration

Three ways to register:

- **online** at: www.whitebearregistration.org
- **in-person** by bringing this form to the Community Services Office (4855 Bloom Ave.) before Thursday, September 26th
- **in-person** beginning at 7 am on Saturday, September 28th

Release: I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have against sponsors, race directors and their respective officers, organizers, volunteers, YMCA Of The Greater Twin Cities and City of White Bear Lake and any individual associated with the Bear Power Homecoming Celebration Family walk/run from any claims whatsoever from any participation in this event. I attest that I am physically fit and trained to participate in this event. Further, I grant full permission to any and all of the foregoing to use my likeness in all media including photographs, or any other record of this event for any legitimate purpose.

Signature: _____
(Parent or Guardian if under 18)

Name (please print each family member)	Date of birth	Gender (circle)		Shirt size (YS, YM, S, M, L, XL, 2X)
1.		Male	Female	
2.		Male	Female	
3.		Male	Female	
4.		Male	Female	
5.		Male	Female	
6.		Male	Female	
7.		Male	Female	

Address _____

Phone (home/cell) _____

Email _____

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