



**Saturday
June 11, 2011
Rain or Shine!**

Please join the Lake of the Woods Property Owners Association for our Second Run, Walk, Roll around the Lake!

Last year we had a great showing of over 70 participants despite the weather! Show your lake spirit by breaking out your running or walking shoes, rollerblades or bikes. Invite your friends, family and neighbors to participate in this great event that gets everyone moving!

Not interested in participating in the Run, Walk, Roll? Please join us for a great continental breakfast or volunteer! Be sure to drive safely on June 11th!

Schedule of Events

8:15 - 8:50 am Check in

9:00 - 11 am Run , Walk, Roll

This event is self timed. Bikers are encouraged to take two turns around the lake, which is slightly over 4 miles

9:30 - 11:30 am Continental Breakfast (Danish, Fruit, granola bars, juice and coffee)

Event Costs

\$10 per participant/\$7 per child under 10
Includes t-shirt, continental breakfast and Water bottles to the first 50 registered

\$10 Breakfast Donation/\$7 per child under 10
Includes t-shirt and continental breakfast

All proceeds will go to the LOWPOA

Pre-Registration Form
First 50 Will Receive a FREE Water Bottle!

Name(s): _____

T-Shirt Size(s): _____

Payment: Cash or Check **Total \$** _____

Please bring form and payment to LOWPOA Meetings, Pork Chop Supper or on the Day of the Event Pre-registration is appreciated and will guarantee shirt size.