



**Saturday
July 24, 2010**

Join the Lake of the Woods Property Owners Association as we Run, Walk, Roll around the Lake!

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 July 24th!

Schedule of Events

8:15 - 8:50 am Check in at Community Center

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

Event Costs

\$10 per participant

Includes t-shirt, continental breakfast and pedometers to the first 50 registered

\$10 Breakfast Donation

Includes t-shirt and continental breakfast

All proceeds will go to the LOWPOA weed project

**Pre-Registration Form
First 50 Will Receive a FREE Pedometer!**

Name(s): _____

T-Shirt Size(s): _____

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

Please bring form and payment to Eddy's, LOWPOA Meetings or on the Day of the Event Pre-registration is appreciated.