

22nd Annual Fall Frolic 5k Fun Run/Walk

What: The Fall Frolic is an annual event sponsored by the Saint Mary's University intramural department. It is a very casual event, one in which any level athlete/participant can have fun. Run it at a competitive pace or take a leisurely stroll. Either way, you will enjoy the beautiful colors of the Saint Mary's campus and Mississippi River Valley bluffs!

When: Family Weekend — Saturday, Sept. 26, at 10 a.m.

Where: The start is outside of the Toner Student Center on the athletic fields. The race is through the trails of the bluffs on the Saint Mary's campus.

Awards: Every participant will receive a Fall Frolic T-shirt.

Entry Fee: This event is free to students, faculty and staff of SMU;
\$8.00 each for parents, alumni, friends and community members.

Make checks payable to: Saint Mary's University

To register for the Fall Frolic 5k Fun Run/Walk

Mail a completed entry form to: Saint Mary's University
700 Terrace Heights #45 • Winona, MN 55987

Through Campus Mail: Department of Intramurals #45

During Family Weekend: Race-day registration is from 8 to 9:30 a.m.
in the Hall of Fame Room (gymnasium lobby)

***** All participants must check-in by 9:30 a.m. on race day *****

Fall Frolic 5K Fun Run/Walk Entry Form

Name _____

Check one: SMU student SMU faculty or staff SMU family member Other _____

T-shirt size (adult sizes only) XXL XL L M S _____

In the unlikely event that T-shirts become unavailable, please complete the appropriate address information so a "rain-check" T-shirt could be mailed to you after race day.

On-campus P.O. box number _____

Campus phone _____

Non-SMU student, faculty, staff address _____

City _____ State _____ Zip _____

Phone _____

The Saint Mary's University department of intramurals is not responsible for injuries incurred during this event. Participants enter at their own risk.

Signature _____

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