

Benefiting the FANS Project Scholarship Fund,
a program of



the 21st Annual
FANS
12 & 24 HOUR RACES



June 5-6, 2010
8:00 a.m. to 8:00 a.m.
Lake Nokomis
Minneapolis, Minnesota

Pillsbury United Communities

is a venture-oriented social service, economic development, cultural arts, and community-building non-profit organization serving North and South Minneapolis. As one of the first settlement houses in the early 1900's, Pillsbury has expanded and constantly adapted its programming to ensure relevance to the city's low-income residents. Pillsbury United Communities operates many distinctive programs through a city-wide network of neighborhood centers.

**The mission of Pillsbury United Communities is
Creating Choice, Change and Connection.**

For more information about Pillsbury United Communities or the FANS Project or to make a tax-deductible contribution to the FANS Scholarship Fund, please call Leslie Vinson at 612.377.7000, e-mail her at vinsonl@puc-mn.org, or write to her at:

Oak Park Center
1701 Oak Park Ave No
Minneapolis, MN 55411

Please visit our website:

www.fans24hour.org

Make checks payable to: FANS Project Scholarship Fund Send to: E. Fischer-Drew • 10511 Cedar Lake Rd. #220 • Minnetonka, MN 55305
You are encouraged to seek at least \$150 in pledges in lieu of entry fee, or to make a \$150 charitable contribution. Otherwise, please send:

- 24-Hr. **\$125 postmarked** by 05/01/10 (Fee goes up to **\$150** after 05/01/10, and **\$200** after 06/01/10) Run Walk
- 12-Hr. **\$100 postmarked** by 05/01/10 (Fee goes up to **\$125** after 05/01/10, and **\$150** after 06/01/10) Run Walk

Be SURE you have checked a 24-hour or 12-hour box, and run or walk box, above, before proceeding!

PLEASE print legibly and complete entire form NOTE: Registration closes 06/04/10 -- there is NO race day registration.

Name _____ Day Phone _____ Evening Phone _____
Address _____ City _____ State _____ Zip _____
Email Address _____
Age on 06/05/10 _____ Birth Date _____ Set Up Tent at Race? Yes No
of Ultras Finished _____ # of 100's Finished _____ Goal For 2010 FANS _____
T-Shirt S M L XL XXL Im Green! Please e-mail the pre-race booklet and the results booklet
Payment: Entry fee listed above I will raise \$150 or more in pledges I am enclosing a \$150 charitable contribution
of Pre-Race Dinner Tickets at \$10.00 Per Person _____ Amount Enclosed (Entry Fee/Contribution + Dinner Fees) _____

You MUST read and sign the "Release & Waiver" on the reverse

The FANS races are sanctioned by USATF

The Race:

FANS 12 & 24 Hour Races

This event, now in its 21st year, will host a limited field of 150 runners and walkers. Entrants will solicit pledges on a per-mile or flat-rate basis and keep on the move for 12 or 24 hours to support the FANS Scholarship Fund.

FANS is one of the largest 24-hour races in the United States, taking place on the asphalt, dirt and concrete paths around Lake Nokomis in a 2.42-mile loop. The average high and low temperatures for race weekend are 77° and 56°F. (record high: 95° in 1987, record low: 36° in 1897).

Over 150 volunteers, each putting in at least a 6.5-hour shift, work around-the-clock to provide exceptional support that keeps participants moving from 8:00 a.m. Saturday to 8:00 a.m. Sunday. The results are impressive: 20 or more participants usually run 100 miles and beyond, with the winner generally running over 130 miles.

In addition to the achievements of the participants, \$20,000-\$30,000 is raised each year for the FANS Scholarship Fund. Over the last 20 years, the event has amassed more than \$650,000.

Immediately following the race, all participants and volunteers are invited to a complimentary awards breakfast.

Please contact Race Directors Paul and Pat Sackett at 612.624.9842 or via e-mail at fans24hour@lycos.com for more information about the FANS Race. Participants receive a pre-race booklet with complete race information on receipt of their entry form.

The Cause:

The Family Advocate Network System (FANS)

Pillsbury United Communities initiated the FANS project in 1989 with a group of sixth grade students from North and South Minneapolis. The FANS Project has a vision of sending inner-city kids to college or other post-secondary educational institution.

FANS works with the youth and their families in a wide variety of activities geared to providing support for this vision. Together, they work for a drug-free and sexually responsible life, a fulfilling educational experience, and involvement in the communities where they live.

To date, 131 FANS students have graduated from high school, over \$500,000 in Post-Secondary Education Scholarships have either been distributed or promised to graduates, and the project has expanded to over 90 students operating out of multiple Pillsbury centers.

Proceeds from the FANS 12 & 24 Hour Races benefit the FANS Scholarship Fund

READ & SIGN the RELEASE & WAIVER

No entry will be accepted without signature. This entry contains a release and waiver. Signing it precludes any claim for injury. I know that my participation in the FANS race is a potentially hazardous activity. I understand that I should not participate in this event unless I am properly trained, am in excellent condition, and have no medical conditions, which could worsen with intense physical activity. Knowing these facts, I am entering this event at my own risk and assume all risk and responsibility for injuries I may incur or cause as a direct result of my participation in this event. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, agree not to hold any and all participating sponsors, supporters, race committee members and the board of directors, employees and agents of such parties, or the City of Minneapolis, Minneapolis Park & Recreation Board, Pillsbury United Communities, and the officers and employees of such entities, or any group or individual not identified herein, responsible for any claims. Furthermore, I release and waive the sponsors' representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further grant permission to Pillsbury United Communities to use any photos of myself for promotional opportunities. I verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate in it. I acknowledge that race organizers can refuse entry at their discretion.

Date _____

SIGNATURE _____
(parent or guardian if under 18 years of age)