

# Register For The Race!

To sign up for the River City Ramble, fill out this form or register online at [runredwing.com](http://runredwing.com)

## Race To Enter

- 5K run/walk       Half marathon  
 Half marathon relay       Kids 1K Fun Run

## WAIVER

I hereby absolve myself, my heirs, executors, and administrators, forever, any and all rights and claims I may accrue against the Red Wing Family YMCA, the City of Red Wing, any other sponsors, race officials, of any and all injuries suffered by me while participating in the road races or walk. I further hereby certify that I am physically fit to run the race for which I am entered August 8, 2010. If I am under 18 years of age, my parent or guardian has signed the waiver.

**Signature:** *(by parent or guardian if participant is under 18)*

\_\_\_\_\_

## Personal Information

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Age on Aug. 8 \_\_\_\_\_ Gender \_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone ( ) \_\_\_\_\_ Shirt size (circle) S M L XL

Street address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_@\_\_\_\_\_

## 2010 Fees\*

5K run/walk \$15 thru June 1

5K run/walk \$20 thru July 6

5K run/walk \$23 thru August 4 (online closes)

Half marathon (2 person relay) \$50 thru June 1

Half marathon (2 person relay) \$60 thru July 6

Half marathon (2 person relay) \$70 thru August 4 (online closes)

Half marathon \$30 thru June 1

Half marathon \$35 thru July 6

Half marathon \$40 thru August 4 (online closes)

\* Race day registration fee: Additional \$5 (all events)

Kids 1K Fun Run \$10 thru August 4

## Mail form to:

Red Wing River City Ramble (Attn: Wade Bergner)

N1093 375th St.

Maiden Rock, WI 54750

Make check payable to Red Wing Family YMCA

**FAIRVIEW**  
**RED WING HEALTH SERVICES**

Fairview Red Wing Health Services  
P.O. Box 95  
Red Wing, MN 55066

# Get Ready to Ramble

**May 17 - August 8**

Fairview Red Wing Medical Center

A 12-week program offering the support you need to prepare for the Red Wing YMCA's River City Ramble 5K, half marathon or half marathon relay.



**FAIRVIEW**  
**RED WING HEALTH SERVICES**

Before you ramble, you need to  
**Get Ready to Ramble!**

The River City Ramble is coming; but before you participate in Red Wing's annual 5K, half marathon or half marathon relay, it's important to prepare yourself physically and mentally.

**Get Ready to Ramble** is a 12-week training program offered by Fairview Red Wing Health Services and the Red Wing YMCA to anyone – of any fitness level – planning to run the Ramble.

**Make a Healthy Change**

Physical activity is an important part of any healthy lifestyle. **Get Ready to Ramble** is designed to help you incorporate regular activity into your everyday life. The program offers everything you need to start making those healthy changes, including:

- Group runs and walks
- Cross-training activities
- Important health information
- Progress and record-keeping sheets
- Weekly fitness tips and suggested routes

Participants are invited to meet any day during the 12 weeks and run or walk together at 6 a.m. and 6 p.m.  
**Get Ready to Ramble!**



**Plenty of Ways to Ramble**

Whatever your fitness level, **Get Ready to Ramble** has a program for you.



**The First Steps**

A program for beginning walkers or runners that takes you from 0 to 5K in 12 weeks.

**Ready to Run**

For moderate exercisers who are new to running and want to try a 5K.

**Running to Finish**

For ambitious runners looking to challenge the half marathon.

**Kids Get Ready**

A fun, eight-week program for kids ages 8-12 who want to participate in the 5K run/walk or the 1K Kids Fun Run.



**Get Ready to Ramble Kickoff Rally**  
Monday, May 17, 7:00 p.m.  
Fairview Red Wing Medical Center

Join us at the **Get Ready to Ramble Kickoff Rally**. Hosted by Dr. Dave Bahl, this special evening features inspiration, practical information and the chance to team up with others who share your goals.

**Featured Speakers:**

- David Asp, Ed.D., offers strategies for committing to a healthy lifestyle.
- Fairview Red Wing athletic trainer Amanda Kingzett helps you get started.
- David Anderson gives a sneak peak of the Red Wing YMCA's plans to keep you motivated.



David Asp, Ed.D.

You'll also receive a training plan, tips on how to progress toward your goals, and maps of walking and running courses. Your commitment to a healthy lifestyle begins at the **Get Ready to Ramble Kickoff Rally!** Call **651-267-5600** to make your reservation. If you cannot attend the **Kickoff Rally**, call for your free information packet.

**Find out more:**  
[redwing.fairview.org/ramble](http://redwing.fairview.org/ramble) or [redwingymca.org](http://redwingymca.org)



**Sunday, August 8 • Bay Point Park**  
**Half marathon & half marathon relay:**.....8:00 a.m.  
**5K run/walk:** .....8:15 a.m.