

Waiver: I acknowledge that by participation in a run sponsored by the Hamel Lions, I am exposing myself of certain risk which could result in personal injury or property damage. I hereby assume all such risks and agree to release the Hamel Lions and any associated officers from any claims arising from the inherent risks of such activities and from any claims of personal injury or property damage.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Parent or Guardian signature required if under 18 years of age



For more information, visit us at: www.hamellions.org

Hamel Lions Community Programs

Community Support:

*Hamel Community Center
Lions Hunter Park
High School Scholarships
Medina Legion Park Development
Care Packages for U.S. Military Troops
Cub Scout Pack 538 Sponsor
and many Local Charities*

Events/Fundraisers:

*Flea Market
Hamel Rodeo
Hamel Lions Haunted Acres
Hamel Lions Buns Run Pancake Breakfast
Hamel Lions Buns Run 5k Run/Walk*



Visit us at: www.hamellions.org



Hamel Lions

19th Annual Freeze Your Buns Run

5k Run & Walk 2023



Super Bowl Sunday

February 12, 2023 • 9:45 am

Register at the Hamel Community Center

Located at 3200 Mill Street



Registration:

Register at the Hamel Community Center
located at 3200 Mill Street

or

Print the registration form from our web site:

www.hamellions.org

or

Link to the registration website:

www.runreg.com

Registration Fee:

Early Entry Fee: \$35.00*

* Must be postmarked by Saturday, January 21

Race day Entry Fee: \$40.00***

*** Not guaranteed a shirt

Children under 12: \$30.00

Included with Registration:

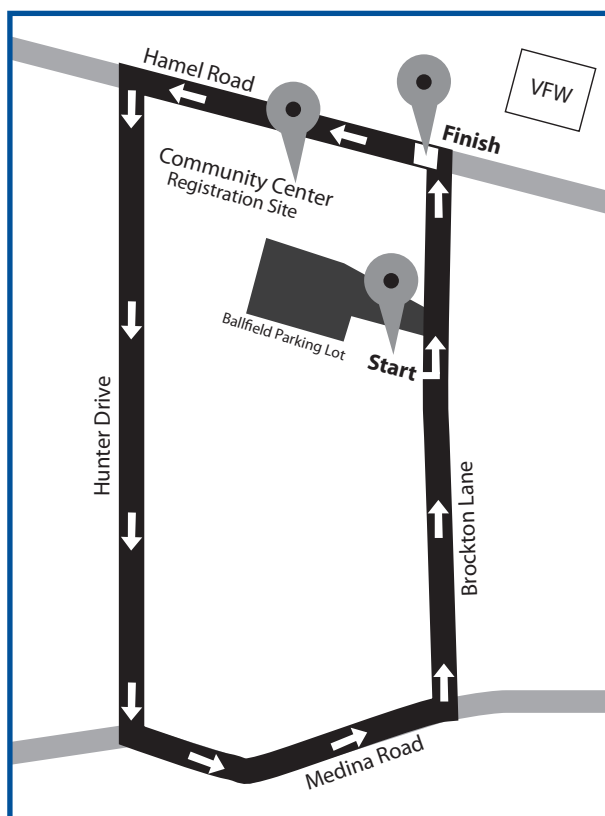
- Pancake Breakfast 8:00 am to 12:00 pm
- "Freeze Your Buns Run" long sleeve shirt

Breakfast only: \$10.00

Pets on leashes welcome for the run/walk.



Hamel Lions



5k Run & Walk

*Staffed by volunteers. All proceeds go
back into our community.*

Hamel Lions 19th Annual Freeze Your Buns Run

5k Run & Walk 2023



REGISTRATION FORM

Super Bowl Sunday

February 12, 2023 • 9:45 am

Early Entry Fee: \$35.00

Early Entry Deadline postmarked January 21

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Shirt size: (circle one)

Small Medium Large X-Large XX-Large

****SIGN WAIVER ON REVERSE****

Mail form and entry fee to:

Hamel Lions

P.O. Box 301

Hamel, MN 55340

