



5K For 33

Dean was a popular student athlete who was loved and admired by everyone who's life he touched. The RDP Dean A. Frigo Foundation was established in Deans Name after he was tragically taken from us in an accident in 2006. The Foundations purpose is to benefit the students of Lowell High School, and the community of Lowell through scholarships, programs, and community projects.

The 2nd Annual 5K Run/ Walk is devoted to fundraising for the 33 RDP Dean A. Frigo Foundation. This 5K will help fund the scholarship program, as well as school and community projects. The 33 RDP Dean A. Frigo Foundation is inspired by the life of Dean Frigo. A person who has inspired us all.

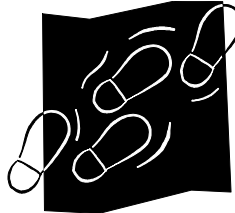
Please Join us for the second annual 5K Run/Walk for the Dean A. Frigo Scholarship Foundation on September 20th, 2008 at 8:30 AM. There will be goodie bags, and t-shirts to all participants (limited t-shirts for race day registration). Awards for overall male and Female winners as well as 1st, 2nd, and 3rd place age group winners in the 5K Run, the first 15 Walkers, the top 3 Husband and Wife teams and the top 3 Family Teams .

Bring your can do attitude for the race then enjoy the food and music at the finish line.

Most importantly have some "F.U.N."



RDP Dean A. Frigo
Foundation



Lace Em' Up And
Show your RDP



The 2ND Annual "33" RDP Dean A
Frigo Foundation 5K Run And 5K
Walk
September 20th, 2008

Email: info@33rdpfrigofoundation.org

The 33 RDP Dean A. Frigo
Foundation announces...

The 2ND Annual "33"
RDP Dean A Frigo
Foundation 5K Run
And 5K Walk
September 20th, 2008

"Keep Smilin"





5K For "33"



2ND Annual RDP Dean A. Frigo Memorial 5K Run / Walk

REGISTER AT: WWW.SIGNMEUP.COM/58357

Or Register By Mail

Course: The Race starts on Bel Aire Dr. next to Dairy Queen and finishes at Lowell High School. The route is paved, and covers the scenic rural north side of Lowell.

When: September 20th, 2008

Time: 8:30 AM

Where: Lowell High School South Lot

5K Run Awards: There will be an awards ceremony after the 5K run And 5K walk. Trophies will be given to the top overall male and female finishers, the top male and female finishers in the masters division, and 1st 2nd and 3rd place medals will be given to age division winners in the 5K run.

5K Walk Awards: Awards will be given to the top 15 walkers.

5K Husband Wife Team: (Must Pre-register)

Awards for 1st, 2nd and 3rd Place Husband and Wife Teams.

***Submit team registration forms together, one form per person, marked husband wife team, by September 10th, 2008.**

5K Family Team & Friends Team: (Must Pre-register)

Awards for top 3 Family Teams and top 3 Friend Teams. Family teams must have 3 participants, (Family teams must be 3 immediate relatives) . Friend Teams must have 4 participants.. ***Submit team registration forms together, one form per person marked Family or Friends Team by September 10th, 2008.**

RDP Kids Dash: Kids 8 and under (FREE) Mail in or register on Race Day No on-line registration.

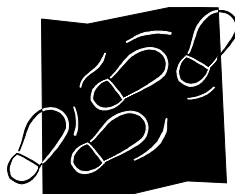
T-Shirts: Guaranteed sizes to all pre-registered runners and walker's before October , T-Shirts available after pre-registration however sizes may not be guaranteed. Remaining shirts available on race day.

Free Stuff: Goodie bags available to all participants. Food and water or sport drinks from local vendors will be available after the race.

Age Groups:

10 & under	40—44
11—14	45—49
15—19	50—54
20—24	55—59
25—29	60—69
30—34	70 +
35—39	

Water Available: 1 Mile and 2 Mile Splits and the finish Line.



Lace Em' Up And Show your RDP!!

Team Registration

*****All Teams Must be Registered by September 10th*****

☐ 5K Husband/Wife Team

☐ 5K Family Team (3 Family Members)

☐ 5K Team (4 Participants)

Team Price Before September 10th:

Husband/Wife \$30
Family & Friends \$40

Team Name :

*****For Team registration fill out one form for each person participating and submit all forms together.**

***** All Teams Must Pre-register By September 10th*****

Runner/Walker Agreement, Waiver, Release And Acknowledgment

I know that participating in this event is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associate with running or walking this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Dean A Frigo Foundation and its officers and agents, directors and employees and volunteers , all other sponsors, and their representatives from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature

Date:

****No bicycles, inline skates, roller skates, scooters, other wheeled vehicles or pets in the race. Wheelchairs and strollers are allowed, however strollers must do the walk, they cannot race competitively.**

To Sign up Check One

☐ 5K Run

☐ 5K Walk

☐ RDP Kids Dash Ages 8 & Under
Mail In Only - or Race Day Registration

Price on, or Before September 10th:
\$18 per person

Price After September 10th:
\$20 per person

Kids Dash: Free

Circle One

Sex: M F

Shirt Size Circle One: S M L XL XXL

Name

Address

City

State

Zip Code

Date Of Birth

Age

Phone

E-Mail

☐ Check

Total Paid:

Checks Payable To & Mail To:
Nancy Frigo C/O Dean A Frigo Foundation
3970 150th Place
Crown Point, IN, 46307

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