

**Buffalo Lake Days 5K  
& ½ Mile Kids Run  
Saturday July 20, 2019**

**Location**

Buffalo Lake Healthcare Center  
703 Yellowstone Trail  
Buffalo Lake, MN 55314

**Start Times**

**7:00AM-** Packet Pick-Up/Onsite Registration

**8:00 AM-** ½ Mile Kids Run

**8:30 AM -** 5K Run/Walk

**Following 5K Race-** 5K & ½ Mile Awards

**Entry Fees**

| <b>Event</b>                   | <b>Pre-Registered &amp; Shirt</b> |
|--------------------------------|-----------------------------------|
| 5K Run/Walk                    | \$20.00                           |
| ½ Mile Kids Run (12 and Under) | No Cost                           |

**Course:** Timed course begins and ends at the Buffalo Lake Healthcare Center. Course closes at 10:00 AM.

**Awards Ceremony:** Awards Ceremony for the 5K and ½ Mile Kid's Run will be held after the 5K Run. You must be present to receive your award. Refreshments will be available.

**5K Run:** The top three male and female participants will receive medals.

**½ Mile Kids Run:** The top three boys and top three girls will receive medals in addition to their participant medal.

**Proceeds benefit the BLHS PALS Preschool Program and the Buffalo Lake Healthcare Center residents.**

Donations are accepted, we are a 501(c) 3 charitable organization.

**How to Register:** Complete a registration form and mail to:

**Buffalo Lake Healthcare Center  
P.O. Box 368  
Buffalo Lake, MN 55314  
Attn: Run  
Make check payable to: F.R.E.E.**

**For more information please contact:  
Lori Fischer 320-250-9063**