



St. Francis SuperHero Dash 2013 Family Friendly Adventure Race

Event: Adult 3K run and obstacle course and kids obstacle course

Race Date: Saturday, September 21, 2013

Start Time: 8 am

Entry Fee: Early Bird Registration: \$30 After September 1: \$40

Registration Website: www.active.com

Location: St. Francis Regional Medical Center

Address: 1455 St. Francis Avenue

City: Shakopee

State: MN

Zip: 55379

Phone: 952-428-3000

E-Mail: Michelle.Enderson@allina.com

Description: 2013 St. Francis SuperHero Dash

The 1st annual St. Francis SuperHero Dash is a challenging mud/obstacle course. We have a 3K timed adult race, a kids race, super hero costume contest, and wellness fair with food and refreshments. The St. Francis SuperHero Dash is a family friendly event, yet challenging for those who run the 3K. The Dash takes place on the south side of the hospital across St. Francis Avenue, Shakopee Minnesota, Saturday, September 21st, 2013.

The Dash includes a creek run with tunnel

All entrants receive t-shirts and goodie bags

Race proceeds go to the St. Francis Community and Wellness Team

Please make check out to Saints Healthcare Foundation

What if I can't do an obstacle? If you can't do an obstacle, you will be allowed to do 10 pushups instead.

Race schedule and other information can be found at: [facebook.com/sfrmc](https://www.facebook.com/sfrmc) and

<http://stfrancissuperherodash.weebly.com>

REGISTRATION

Team Information:

How many on the team _____

Team Name _____

Personal Information:

First Name _____

Last Name _____

Gender _____

Guardian _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Email _____

Participant Information:

Age on Race Day _____

T-Shirt Size _____

Emergency Contact Name _____

Emergency Contact Phone _____

Send form and payment (checks only) to:

**Saints Healthcare Foundation
Michelle Enderson, Wellness Coordinator
1455 St. Francis Ave
Shakopee, MN 55379**