



St. Francis SuperHero Dash 2014 Family Friendly Adventure Race

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

Race Date: Sunday August 10th, 2014

Start Time: 1:00 PM

Entry Fee: Early Bird Registration: \$20.00 , reduced rate for groups of 5 or more at \$10.00 per person

Registration Website: <http://www.zapevent.com/listactivities.aspx?eventid=5262>

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: 2014 St. Francis SuperHero Dash

The 2nd 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, Sunday, August 10, 2014 .

All entrants receive hats!

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: _____

Participant Information:

First Name _____

Last Name _____

Age on Race Day _____

Gender _____

Guardian _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Email _____

Participant Information:

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