SATURDAY, JUNE 27, 2015
Host Site:
Forestview Middle School, Baxter, Minnesota

WE LIVE HERE. WE RACE HERE. WE SAVE LIVES HERE!
Dear Team Captain,

Breast cancer affects us all, not just those diagnosed. Husbands, wives, brothers, sisters, daughters, sons, neighbors, friends, and co-workers are deeply touched by this disease, too. This year alone, it’s estimated that 4,110 Minnesota women will be diagnosed with breast cancer. Although we’ve made significant progress in the fight against this disease, until no one fears a diagnosis of breast cancer, we still have a lot of work to do!

Your participation is a beautiful tribute to those whose journey has ended and to those whose very presence is an inspiration. Every step you take and every dollar you raise brings us closer to a future without breast cancer. And, because you’re taking those steps with a team - you’re multiplying your impact on the cause.

For over 30 years, Susan G. Komen has played a critical role in every major advancement in the fight against breast cancer - transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors. Your team’s registration and fundraising dollars support these critical advancements and will make a difference right here in Minnesota.

We hope you find everything you need in this guide to organize a successful Race team. If you have any questions, please call us at 952-746-1760 or email us at info@komenminnesota.org.

Thank you for joining us in the fight to end breast cancer forever. Together, we can Race for Impact!

Sincerely,
The Susan G. Komen® Brainerd Lakes Race for the Cure Committee

QUESTIONS? Contact: info@komenminnesota.org or call 952-746-1760.
Our Vision: A world without breast cancer
Our Promise: To save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures

ABOUT SUSAN G. KOMEN®: FULFILLING A PROMISE

Susan G. Komen is the world’s largest breast cancer organization, funding more breast cancer research than any other nonprofit while providing real-time help to those facing the disease. Since its founding in 1982, Komen has funded more than $847 million in research and provided more than $1.8 billion in funding to screening, education, treatment and psychosocial support programs serving millions of people in more than 30 countries worldwide. Komen was founded by Nancy G. Brinker, who promised her sister, Susan G. Komen, that she would end the disease that claimed Suzy’s life. Visit komen.org or call 1-877 GO KOMEN. Connect with us on Facebook at facebook.com/susangkomen and Twitter @SusanGKomen.

ABOUT SUSAN G. KOMEN® MINNESOTA

This year, Susan G. Komen® Minnesota is celebrating its 16th Annual Komen Brainerd Lakes Race for the Cure®. We are proud to have invested over $42 million in the fight against breast cancer since 1993. Each year, Komen Minnesota helps fund groundbreaking breast cancer research, in addition to granting funds to local nonprofit organizations to implement innovative, culturally appropriate, and comprehensive breast health initiatives and programs throughout Minnesota. Each of these organizations plays a critical role in advancing the Komen mission. In 2014, more than $1.5 million were distributed to help fund research and statewide breast cancer screening, education, awareness, outreach, and treatment support programs targeting medically underserved Minnesotans. For a complete listing of our grant recipients, a grant application, volunteer opportunities or more information about our statewide impact, visit us at komenminnesota.org. See how the efforts of our Team Captains, fundraisers and donors have made a positive impact in the fight against breast cancer.

Susan G. Komen® Minnesota is a Minnesota 501(c)3 nonprofit corporation; Internal Revenue Service #41-1924790; Minnesota Tax #4336115.

DID YOU KNOW?

75% of every net dollar raised is used to fund community health grants throughout Minnesota.

25% of locally raised net funds are invested in groundbreaking breast cancer research through Komen Foundation’s Research Grants Program.
TEAM CHALLENGE

WHAT IS A TEAM?
A team consists of 5 or more people who pre-register for the Race as members of the same team by Thursday, Wednesday, June 19th (postmark) or Wednesday, June 24th (online). Teams may consist of any combination of runners, walkers, kids, or Spirit Runners. Team members do not have to participate in the same event on Race Day. Whatever event members choose, the goal is the same - to end breast cancer forever! Start recruiting team members now! Team members must be registered by June 24 to be packed with the team packet. Alone, you can help; together, we can RACE FOR IMPACT!

WHAT ARE THE TEAM CAPTAIN’S RESPONSIBILITIES?
- Create/Register your team online by June 24, 2015. (Even if your team members register with paper forms, you must register your team name online to prevent duplication of team names.) Go to komenbrainerdlakes.org to set up your team today!
- Register yourself as a team member. Captains are not automatically registered when they create a team.
- Recruit people to join your team; team members must be registered by June 19, 2015 (postmark) or June 24, 2015 (online).
- Promote online registration. Help pink go green!
- For any team member paper registrations: Collect and submit all entry forms and payments together by June 19, 2015.
- Pick up and distribute all team member T-shirts, bibs, survivor and kid’s bags. Team Packet pick-up is June 26, 2pm- 6pm and June 27, 7am- 8am.

TEAM NAME
Be creative, but remember, we are a family event. Please create “family friendly” team names. Komen Brainerd Lakes Race for the Cure® reserves the right to remove names that are determined to be inappropriate for the event. After you’ve created your team online, be sure your team members know your EXACT team name. By doing so, they will register correctly for your “Cally’s Crew” team, not another Captain’s “Callie’s Krew” team. Please avoid using the word “The” or “Team” as the first word in your team name.

TEAM CATEGORIES & AWARDS
An award will be given to the team with the greatest amount of fundraising dollars in each of the three categories listed below. Winners will be announced during the Awards Ceremony on Race day and recognized on the stage.
1. Compassion for the Cure: friends, family, and neighbors
2. Community for the Cure: churches, clubs, support groups, sport associations
3. Company for the Cure: businesses, hospitals, colleges, universities

YOU and your team have the power to make a difference!
TEAM CHALLENGE REGISTRATION

There are two ways to register your team: ONLINE or BY MAIL.

ONLINE: (For questions or issues with online registration, please contact Active’s customer support team at: givingsupport@active.com or 1-877-228-4881.)

- Go to komenbrainerdlakes.org and click on the “Brainerd Lakes Race for the Cure Registration” tab, then click on “Online Registration.”
- Click on the green button titled, “Team Captains-Create Your Team”.
- Once you have created your new Active account or logged into your existing account, the “Team Creation” page will appear. Enter your 2015 Race team information there. Please note: If you participated last year with the same team name, you must still “create” the team for the 2015 Race.
- All team members must be registered by June 19th (postmark) or by June 24th (online)!

BY MAIL:

- As the Team Captain, you must first create your team online (to avoid duplication of team names). See the instructions above. Once you’ve created your team, you may send in your paper registration forms.
- Each team member must complete a registration form, which may be photocopied from page 9 in this packet or downloaded from komenbrainerdlakes.org.
- The Team Captain must collect all signed registration forms and fees from each team member. Before mailing, verify the accuracy of your team name and that each member has signed the required waiver on all forms.
- Mail ALL registration forms, fees, donations (placed in a separate envelope marked “Friends for the Cure”), and the “Team Challenge packing list” together, in one envelope, to ensure that your team members are registered for your team.
- Must be postmarked by June 19, 2015.
- Mail to: Susan G. Komen Brainerd Lakes Race for the Cure
  PO Box 1057
  Brainerd, MN 56401

TEAM CHALLENGE PACKING LIST

Please complete this form and submit it with all of your mail-in (offline) team member’s Race registration forms. When the data entry is complete, your offline team registrant’s names will be visible on your online team roster. It is important that you review your online team roster and notify us of any necessary changes by June 24, 2015.

Team Name_____________________________________________________________________________

Captain’s Name__________________________________________________________________________

Captain’s Mailing Address________________________________________________________________

City____________________________________ State______ Zip___________

Captain’s E-Mail Address________________________________________________________________

Captain’s Phone Number (Day) __________________________ (Evening) __________________________

TEAM CATEGORY (please check one of the following):

_____ Friends, Family & Neighbors       _____ Businesses, Hospitals, Colleges, Universities

_____ Clubs, Churches, Support Groups, Sports Associations

Please send Team Challenge Packing list with registration forms and payments to:
  Susan G. Komen Brainerd Lakes Race for the Cure
  PO Box 1057
  Brainerd, MN 56401

**Remember, offline registration forms MUST be postmarked by June 19, 2015.**
## IMPORTANT DEADLINES & DETAILS

### TEAM CAPTAIN CHECKLIST

<table>
<thead>
<tr>
<th>Task</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Create your team online at komenbrainerdlakes.org.</td>
<td>June 24</td>
</tr>
<tr>
<td><strong>Note deadlines: June 19, 2015 (if mailing/offline) or June 24, 2015 (online)</strong></td>
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<tr>
<td>Register yourself as a team member. Please see the deadlines noted above.</td>
<td>June 24</td>
</tr>
<tr>
<td>Invite friends, family and co-workers to join your team. Instruct them to register as a team member, not as an individual participant. Encourage online registration.</td>
<td>June 24</td>
</tr>
<tr>
<td>Download a Team Recruitment poster to spread the word about your team. The poster is available at komenminnesota.org/Komen_Race_for_the_Cure_/Brainerd_Lakes_Race_for_the_Cure_/Brainerd_Lakes_-Teams.htm.</td>
<td>June 24</td>
</tr>
<tr>
<td>Anyone can support your team from out of town or from the comfort of their own bed. Spirit Runner allows them to register for your team, receive a fundraising page and Race T-shirt! Team Captain’s will pick up their materials with the rest of the Team Packet.</td>
<td>June 24</td>
</tr>
<tr>
<td>If team members prefer offline registration: Mail in all offline entry forms and a Team Challenge Packing List (see page 5) by June 19. Be sure that each entry form has your team name written correctly on it and that the participant waiver has been signed.</td>
<td>June 17</td>
</tr>
<tr>
<td>Set fundraising goals for yourself and your team. If you raise $100 or more as an individual fundraiser, you’ll be eligible for Friends for the Cure® fundraising rewards. Find details at komenminnesota.org/Komen_Race_for_the_Cure_/Brainerd_Lakes_Race_for_the_Cure_/Brainerd_Lakes-_Make_a_Donation.htm.</td>
<td>Today</td>
</tr>
<tr>
<td>Remind team members of the benefits of Corporate Matching Gifts. Check with employers about matching gifts. A $50 donation could be worth $100!</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Verify the accuracy of your team roster by logging in with the link you receive after your team is created online. Sometimes people inadvertently register for the wrong team. Call the Race Hotline at 952-746-1760 by June 1st if there are errors noted on your roster.</td>
<td>June 1</td>
</tr>
<tr>
<td>Pick up all team member’s T-shirts, participant bibs, survivor and kid’s bags. Pick up is at Forestview Middle School on Friday, June 26 from 2pm - 6pm. Please bring your Team list to verify team packet. Remember, all participants registered as team members MUST get their materials from the Team Captain.</td>
<td>June 27</td>
</tr>
<tr>
<td>Create a team poster or banner to carry on Race Day to rally support for your team.</td>
<td>June 27</td>
</tr>
<tr>
<td>Submit Friends for the Cure® donations to be eligible for individual fundraising rewards. See the Friends for the Cure® form on page 11.</td>
<td>August 1</td>
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</table>

### RACE EVENTS & DETAILS:

**Late Team Registrants:** Any person mailing in an entry form for your team after the June 19th offline registration deadline may still walk with your team. However, they will be considered an individual participant. Their T-shirt and bib won’t be available with the rest of your team’s materials at Team Packet Pick Up. Their items will be available at Individual Packet Pick Up, beginning June 26th.

**Friday, June 26**
2:00 pm - 6:00 pm Pre-registration & Packet Pick-Up, Shop for the Cure

**Race Day, Saturday, June 27**
7:00 am - Same Day Registration & Packet Pick-Up Sponsor tents & Shop for the Cure open
8:00 am - Survivor Photo followed by Survivor Recognition Ceremony
8:35 am - Dove release (see details below)
8:50 am - 5K (10:00 am-10:30am - Program & Awards Ceremony)
8:50 am - 5K & 1 Mile Walks
9:45 am- Kids for the Cure Races (for ages 2-10)
10:00 am-10:30 am - Program & Awards Ceremony

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16th Annual Susan G. Komen Brainerd Lakes Race for the Cure
June 27, 2015

**TEAM INFORMATION:** Teams consist of 5 or more members. The Team Captain must first create a team online before team members can register for it. Team Captains must pick up all registered team member’s T-shirts and bibs and distribute the materials to the members. Please note Team registration deadlines!

Enter the following, ONLY if applicable: Team Name ___________________________ Team Captain ___________________________

First Name ___________________________ Last Name ___________________________

Male ______ Female ______ Birth Date _______ ____________ ______

E-mail Address ___________________________ Phone # ___________________________

Mailing Address ___________________________ Apt. # / Suite ______

City ___________________________ State ______ Zip Code ______

☐ Yes, I would like to be recognized as a breast cancer survivor by receiving a pink cap and T-shirt. ______ ______ # of years as a breast cancer survivor

**T-shirt Size** (check one):

☐ Adult S ☐ Youth S (6-8)  ☐ 5K Run (Chip Timing)
☐ Adult M ☐ Youth M (10-12)  ☐ 5K Walk
☐ Adult L ☐ Youth L (14-16)  ☐ 1 Mile Walk
☐ Adult XL  ☐ Spirit Runner
☐ Adult XXL  ☐ Kid’s for the Cure* (Kids Race fee covers multiple events)

**Event** (check one):

☐ Adult Runners $25 ☐ Kid 5K Runners (Age 12 & under) $15
☐ Adults Walkers $20 ☐ Kids for the Cure* (10 & under) $12

**Registration Fees** (Not refundable/transferable):

☐ Postmarked by April 27:
  ☐ Adult Runners $25 ☐ Kid 5K Runners (Age 12 & under) $15
  ☐ Adults Walkers $20 ☐ Kids for the Cure* (10 & under) $12

☐ Postmarked by June 19:
  ☐ Adult Runners $30 ☐ Kid 5K Runners (Age 12 & under) $20
  ☐ Adults Walkers $25 ☐ Kids for the Cure* (10 & under) $15

In person:

☐ Adult Runners $35 ☐ Kid 5K Runners (Age 12 & under) $25
☐ Adults Walkers $30 ☐ Kids for the Cure* (10 & under) $15

**CORPORATE MATCHING GIFTS:** If your company has a matching gift program, you can double your donation. Go to komenbrainerdlakes.org for more information.

**TOTAL YOUR PAYMENT: REGISTRATION FEE**

+ **ADDITIONAL DONATION**

= **TOTAL PAYMENT**

**PHOTOGRAPHIC AND RESULTS RELEASE and WAIVER AND RELEASE OF CLAIMS. I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT. I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the “Event”); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident (THAT MAY OCCUR during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY FUNDRAISING ACTIVITIES associated with the event) or while ON THE EVENT PREMISES (COLLECTIVELY, “MY PARTICIPATION”). TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, “RELEASORS”), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (I) KOMEN, THE MINNESOTA AFFILIATE OF THE SUSAN G. KOMEN BREAST CANCER FOUNDATION D/B/A MINNESOTA AFFILIATE OF SUSAN G. KOMEN FOR THE CURE, AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (II) ANY EVENT SPONSORS; AND (III) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE “RELEASORS”) FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASORS MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASORS, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE. I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF ANY FUNDRAISING ACTIVITIES. This photographic and results release and waiver and release of claims (collectively, the “Release”) shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect. I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

Participant Signature ___________________________ Date ___________ Parent’s or Guardian’s Signature (# if under age 18) ___________________________ Date ___________

***A signature is required for each participant***

**Additional donation**

I would like to make my additional donation in the amount of $ ___________________ credited to:

☐ Myself (see the HOW YOU CAN HELP section on the brochure)
☐ Other Fundraiser Named: ___________________________

Komen Brainerd Lakes General Donation

**Payment Method** (please mark one):

☐ Check (payable to: Susan G. Komen Brainerd Lakes Race for the Cure*)
☐ Cash

1. Complete Entry Form. (1 per person)
2. Sign the Participant Waiver.
3. Mail completed entry form and entry fee to:
   Komen Brainerd Lakes Race for the Cure
   PO Box 1057
   Brainerd, MN 56401

**TEAM MEMBER REGISTRATIONS:**

DUE BY JUNE 19, 2015 (Team must 1st be created online)

INDIVIDUALS: POSTMARKED BY JUNE 19, 2015

**REGISTER IN PERSON**

June 26, 2015: 2PM-6PM at Forestview Middle School
Race Day: June 27, 2015: 7:00AM-8:00AM
WHO ARE YOU RUNNING FOR?

WHY FUNDRAISE?
Share the importance of the Race with others. It’s not just an inspiring walk or run, it’s a fundraising event that helps fund community organizations which support statewide breast cancer screening, education, awareness, outreach, and treatment support programs targeting the underserved and underinsured in Minnesota, as well as provide funds to research programs dedicated to finding the cures.

As a leader of your team, and therefore a leader in the fight to end breast cancer, it’s important for you to know and share with your team members the importance of fundraising. Your registration for the Race is the first step toward running breast cancer out of town! The next step, fundraising, will truly move us closer to the finish line - a world without breast cancer. To get there, we are counting on your leadership.

Fundraising isn’t required, but every dollar makes a difference. There are fundraising rewards, too! See our website, komenbrainerdlakes.org, for details.

Donations may be made to a team in general or to be credited to a specific member or captain. All will be credited to the team total for team award qualifications. However, only those donations credited to a specific team member or captain will apply to that fundraiser’s total towards reward levels. Those raising $500 or more also become members of the following year’s Pink Honor Roll and are honored at a special dinner in the spring, given a specially designed t-shirt, and recognition on the website and at the Race. Anyone raising $1000 or more, receives premium parking at the following year’s Race as well.

Of course, the ultimate reward is knowing you’ve brought our community miles closer to the reality of a world without breast cancer!

WE LIVE HERE.
WE RACE HERE.
WE SAVE LIVES HERE!
FRIENDS FOR THE CURE® RAISE MONEY. GET REWARDED.

YOUR REGISTRATION FEE GETS YOU TO THE START LINE; YOUR FUNDRAISING GETS US TO THE FINISH LINE!

You don’t need to be a fundraising expert in order to be successful at it; you just need the desire to stand up to breast cancer and make a difference! The Friends for the Cure® Fundraising Program makes it easy for individual fundraisers to make a difference and be rewarded!

You may participate exclusively online or combine it with this donation form. **Get Started!** Go to our website, [www.komenbrainerdlakes.org](http://www.komenbrainerdlakes.org), to register for the Race and you will receive your own fundraising web page. Your friends and family can go to your page to make donations in support of your efforts. Help us on our mission to end breast cancer so that not one more of our mothers, sisters, daughters, or best friends ever has to die from this disease. As a Friends for the Cure® participant, you will see how **one person really can make a difference!**

**FUNDRAISING REWARDS:** By participating in our Friends for the Cure® program as an individual fundraiser, you will be eligible to receive exciting new Race for the Cure® prizes. The more you raise on your individual fundraising page, the greater the prize value. It’s easy...ask 10 friends for $10.00 and you are on your way! Donations go twice as far if the donor’s employer has a matching gifts program. Go to [www.komenbrainerdlakes.org](http://www.komenbrainerdlakes.org) or call us at 952-746-1760 for details and the complete list of prizes and rules. Make it your goal to be the recipient of our top fundraising prizes!

### FRIENDS FOR THE CURE® DONATION FORM

Donations are 100% tax deductible.

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<tr>
<th>Donor’s Name</th>
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Check box if you’ve also collected donations online.

Use a separate sheet of paper for additional donations. Record your total in the pink TOTAL DONATIONS box.

**TOTAL DONATIONS**

<table>
<thead>
<tr>
<th>Office Use Only</th>
</tr>
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<tbody>
<tr>
<td>CASH</td>
</tr>
<tr>
<td>CHECKS</td>
</tr>
</tbody>
</table>

Please do not combine donation money with Race registration fees. Your cancelled check is your receipt. All donations are tax deductible to the fullest extent allowed by law. The Minnesota Affiliate of Susan G. Komen for the Cure is a 501(c)3 organization, tax ID: 41-1924790. Please make checks payable to: Komen Brainerd Lakes

**Mail in Donations:** Komen Brainerd Lakes Race for the Cure®, PO Box 1057, Brainerd MN 56401. If you are also mailing a registration for the Race, please attach this form to your registration form or note that you have already registered. Donations received by 6 pm June 26th will count towards the Grand Prizes. All donations submitted by August 1st qualify for Thank You premiums and may be submitted online or by mail. (see website for details at [www.komenbrainerdlakes.org](http://www.komenbrainerdlakes.org)).
CELEBRATING OUR 16TH ANNUAL SUSAN G. KOMEN BRAINERD LAKES RACE FOR THE CURE® • komenminnesota.org
WE LIVE HERE. WE RACE HERE. WE SAVE LIVES HERE!