



Here is what you need to be a part of the Frozen Goose Fun Run/Walk

**Step # 1**

Register by completing the form on the back of this brochure

**Step # 2**

Solicit and collect pledges. To participate, you must raise a minimum of \$25 in pledges, family \$40.

**Step # 3**

Mail pledges and registrations to:  
Rochester Optimist Club  
PO Box 485, Rochester, MN 55903

**Or**

Bring pledges and donations with you the day of the event

**For more information**

email: [frozengoose@charter.net](mailto:frozengoose@charter.net)

web: [www.frozengoose.com](http://www.frozengoose.com)

or contact: Bill Reilly at 507-282-9968

**Proceeds remain local**

to benefit the Optimist International  
Childhood Cancer Campaign and  
Brighter Tomorrows

# Optimist Frozen Goose



10K Timed Run • 5K Fun Run or  
Walk

**February 6, 2010**

Registration Noon  
Race Starts at 1:00 PM

University Center Rochester Atrium  
851 30<sup>th</sup> Avenue SE • Rochester, MN 55904

