

SUNDAY DECEMBER 18

10 km Freestyle Race --- 5 km Tour

THEODORE WIRTH CHALET



**Sponsored by Hennepin County Medical Center
Department of Emergency Medicine
& Minneapolis Medical Research Foundation**

Race registration will open at 12 PM on Sunday December 18th at the Theodore Wirth Chalet. Race will start at 1 PM. Prizes and donations provided by: *Best Buy, Caribou Coffee, Marathon Sports, Toko, Joe's Sporting Goods, Gear West, Finn-Sisu, Great Harvest, and a special thanks to Roseville Area High School Nordic Team & TASER International!*

Race Entry Fee: \$25

**Skiing and raising money to improve
Emergency Care: Priceless**

We will also be selling long-sleeved tech T-shirts in men's or women's sizes.
\$15 for race participants or \$25 a piece.

All proceeds will benefit the Minneapolis Medical Research Foundation.

**To register or for more information, call Becca at
612-873-9528 or email nels2747@umn.edu**

**You can also download registration form from our
website at www.hcmced.org**