



# Jon Francis Foundation

HALF-MARATHON + 8K



With the **POWER<sup>UP</sup>** 1K Fun Run\*!

**The Jon Francis Foundation Race Events** - Square Lake Park, Saturday, September 22, 2012. **9:00 am to noon.**

**New in 2012: POWER<sup>UP</sup> 1K Fun Run.** Families, kids, and kids at heart are invited to have fun as you run, walk, skip, jump rope, or dance your way to the finish line in this enjoyable 1K race. Bring your friends, family, kids, or grandkids and PowerUp your day!

- Special prizes for all participants and kids 14 and under!
- Registration is \$10 per person or \$20 per family (children 5 and under are free!)
- **Race Day Registration. 1K Fun Run will start around 9:15am.**

The Jon Francis Foundation (JFF) is partnering with Lakeview Health, **POWER<sup>UP</sup>** and other community leaders to promote fun and the importance of daily physical activity for kids and families. This is a charity event to support the mission of JFF to save lives through wilderness safety education and to extend legal protection to missing adults.

- **The Jon Francis Half-Marathon;** The 13.1 mile course will follow a beautiful and somewhat challenging route on rolling hills and rural roads past lakes, farms, forest and open fields.
- **An 8K (5 mile) run** will circle Square Lake under a canopy of shade trees.
- Start time for the Half-Marathon and 8K is 9:00am.
- **POWER<sup>UP</sup> 1K Fun Run.**

**Also, new in 2012: The Family Fun Fair in Square Lake Park** will have food, games, prizes and information about better eating, active living and wilderness safety and the always popular bounce house. Bring your family and friends along.

**Square Lake Park**, about 8 miles north of Stillwater, is a gorgeous area. The lake is spring feed, swimmable (even in September) and crystal clear. There's a beautiful sandy beach, a grassy and shady picnic area, restrooms (with indoor plumbing), showers and changing facilities. It's a great family location.

*\*PowerUp is a community-side initiative to make better eating and active living easy, fun and popular for kids and families. PowerUp is supported by designated funds of the Lakeview Foundation and HealthPartners and works in partnership with other community organizations to help kids reach their full potential through better eating and active living.*