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Local Sports

Fool's Five event is 'bigger' than town

Posted: Mar 29, 2011, 6:24 am

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By **Paul Christian**
 The Post-Bulletin, Rochester MN

Fools Five

What: 33rd annual Fools Five Road Race.

When: Sunday, 1 p.m.

Where: Lewiston High School.

Entry fee: \$12 for 8K, \$8 for one-mile walk/run. \$3 for entries 12-years or under for either race. There is a \$5 late fee on race day. T-shirts available for \$10, or free if you have raised \$20 in pledges.

Guest speaker: Win Apel, after the race in the school gymnasium.

Auction: Live and silent auction from 5 p.m. to 8 p.m. Friday at the Lewiston Community Center.

More information:
www.foolsfive.org



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The 2010 census showed the population for Lewiston at 1,611.

Last year, a record 2,804 competed in the Fools Five, which starts and finishes close to the Lewiston High School.

"Pretty amazing for our small community," said race director Dianne Rislow.

The 33rd annual Fools Five will be run Sunday, starting at 1 p.m. There could be another record of entries.

"Last year we had 1,400 registered the day before the race," Rislow said, "and had another 1,400 sign up the day of the race. Remember, it was a beautiful day and people just kept coming and coming.

"So far (as of Sunday) we have 1,850 pre-register. Maybe that was helped by a discount for early registration, who knows, but it looks like another big day. I hope so."

In terms of numbers, that makes the Fools Five the biggest road race of the year.

"It's a competitive race, it sure is," said Rislow, "but more than anything, we're fighting cancer. Everybody has been touched by it and we have some incredible stories to tell."

Proceeds are donated to cancer research at Eagles Cancer Telethon and the Gundersen Lutheran Medical Foundation. Over \$1 million has been raised in 32 years.

The speaker following the race is Win Apel. In October

The speaker following the race is Will Apel. In October of 2009, he ran his first marathon in Portland, Ore., ~~September 2009~~ ~~had~~ ~~the~~ ~~April 6, 2009~~ cancer and after it was cured, decided to run a marathon in all 50 states and on each of the seven continents.

Apel completed his goal two years ago.

In conjunction with the race, there is a live and silent auction from 5 p.m. to 8 p.m. on Friday at the Lewiston Community Center.



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