



August 24 - 26, 2018

2018 STIFTUNGSFEST 5K & KIDS 1/2 MILE

LEGION POOL PARK
NORWOOD YOUNG AMERICA, MN
SUNDAY, AUG.26, 2018

8 AM

5K

\$20.00 (by Aug 15)
\$25.00 (race day)

Start and Finish at the Legion Park
(former Pool Park - SW NYA on Reform St)

A loop course with 2 or 3 challenging hills
on paved trails and streets of NYA

Kids 1/2 Mile Fun Run

8:45 AM

\$10.00 (by Aug 15)
\$15.00 (race day)

Kids race will start after the last 5K
runners/walkers have finished.

All participants will receive a T-shirt and a
Participation Medal!

MORE INFORMATION PROVIDED ON REVERSE

THANK YOU TO OUR 2018 CORPORATE SPONSORS!



ADDITIONAL 5K INFO

- Splits at the 1 and 2 mile marks
- Water at the 1.5 mile mark
- Refreshments at the finish line!

5K AWARDS

Top 3 Males and Females in each Category

14 and under	30-39	50-59
15-18	40-49	60+
19-29		

T-Shirts for the first
300
participants!

Thanks to each of our sponsors!

Water Provided by NYA McDonald's • Kids; Participation Medals Provided by NYA Dairy Queen

Finish Line Refreshments Provided by KWIK TRIP and Econo Foods of NYA

Mile Marker Sponsors

Hilgers Plumbing, Heating and AC, Inc. • Sacred Health

Schmidt Chiropractic, PA • Southwest Eye Care • Snap Fitness of NYA • Fitness RX

Registration Form - 2018 Stiftungsfest Fun Run/Walk

Name _____ 5K ½ Mile Kids Run

Address _____

City _____ State _____ Zip _____

Phone _____ Emergency Phone _____

Age _____ Sex: M F T-Shirt Size: Adult S M L XL Child M L (circle one)

Now running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any and all risks associated with running/walking these events including but not limited to falls, contact with other participants, or with traffic. I therefore covenant not to sue, and waive and release any and all right and claims of every nature, whatsoever, that I may have or that may arise in connection with my participation in the event against the sponsors of Stiftungsfest Inc., and any organization or individuals associated with this event.

Checks payable to: 2018 Stiftungsfest 5K

Signature (required) _____
Parents must sign if participant is under 18 years of age.

Mail to: 2018 Stiftungsfest 5K
c/o Mark Lagergren
513 Devonshire Drive

Email Address: _____

Newport News, Virginia 23607