

Registration Form - '2009 Stiftungsfest Fun Run/Walk

Name _____ 5K 1/2 Mile Kids Run

Address _____

City _____ State _____ Zip _____

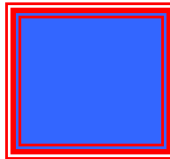
Phone _____ Emergency Phone _____

Age _____ Sex: **M** **F** **T-Shirt Size:** **A**dult **S** **M** **L** **XL** **C**hild **M** **L** (circle one)

I know 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.

Signature (required): _____ (parent/guardian must sign if participant is under 18 years of age)

Mail entries to: **Stiftungsfest FUN RUN/ c/o Mark L. Lagergren** (make checks payable to: **Stiftungsfest Fun Run**)
513 Devonshire Drive
Norwood Young America, MN 55397



Stiftungsfest Fun Run
PO Box 133
Norwood Young America, MN 55368

2009 - 9th Annual Stiftungsfest

5K & Kids 1/2 Mile Run



**Sunday, August 30th
8:00 am**

Kids 1/2 Mile Race
(approximately 8:45 am start)



Stiftungsfest 5K Fun Run/Walk

Date: Sunday, August 30th, 2009
Time: 8:00 am
Distance: 5K & ½ Mile Kids Run

Entry Fee:

5K Race	\$15.00 (by August 20 th)
	\$20.00 (on race day)
Kids ½ Mile Race	\$5.00 (by August 20 th)
	\$10.00 (on race day)

One of the most inexpensive races around!

Course description:

Paved trail and streets of Norwood Young America (loop course with 2 or 3 challenging hills). **Course starts and finishes at the Legion Park (the former Pool Park).**

Splits: 1 and 2 mile marks

Water at the 1½ mile mark

5K Awards: Top three (3) winners in each of the following age groups (*male and female*):

14 and ↓	30 – 39
15 – 18	40 – 49
19 – 29	50 and +

T-shirts for the first 200 participants

Similar great t-shirt design as last year – but what will the color be?

Stiftungsfest Kids ½ Mile Race

(Kids 12 years and younger):

Race will start at approximately 8:45 am (after the last 5K runners/walkers have finished). Cost is \$5.00 (\$10.00 after August 20th). All participants/finishers will receive a T-shirt and a PARTICIPATION MEDAL (*Medals courtesy of the NYA Dairy Queen.*)



Refreshments at the finish line!

(courtesy of EconoFoods, NYA)

econofoods

(Water donated by NYA McDonalds)



Mail in your registration form by Aug. 20th to:

Mark L. Lagergren
513 Devonshire Drive
NYA, MN 55397

or register on RACE DAY at **Legion Park** (the old Pool Park) between 7:00 – 7:45 am.

Legion Park is located on Reform Street.
(SW Norwood Young America)

Questions: call Mark or Carol Lagergren
 @ 952.467.2376

Our 2009 corporate sponsors are:

The NYA Lions Club



& Ridgeview Sports
Medicine



THIS YEAR'S THREE MILE MARKER SPONSORS ARE:

The NYA Garden Center
 The Flower Mill Design & Gifts, LLC
 &
 Hilgers Plumbing, Heating and AC, Inc.

Please **THANK** all of our **SPONSORS** for their support!