

# 150 years of tiftungsfest



# 5K

2011

Norwood Young America, MN

Sunday, August 28

**8:00  
am**

**5K**

\$20.00 (by Aug 20)  
\$25.00 (on race day)

Chip timing provided by Pickle Events! 5K Course

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 20)  
\$15.00 (on race day)

Kids Fun Run

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 2011 Corporate Sponsors!

NYA  
Lions  
Club



## 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	19-29	40-49
15-18	30-39	50 and over

New Wicking T-Shirts for the first

**400**  
participants!

### *Thanks to each of our sponsors!*

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

Finish Line Refreshments Provided by EconoFoods, NYA

### Mile Marker Sponsors

The Flower Mill Design & Gifts, LLC • Hilgers Plumbing, Heating and AC, Inc.

Schmidt Chiropractic, PA • Southwest EyeCare • Snap Fitness of NYA • Studio West

## Registration Form - 2011 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)

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**  
**513 Devonshire Drive**  
**Norwood Young America, MN 55397**

(make checks payable to: **Stiftungsfest Fun Run**)