



August 23 - 25, 2019

# 2019 STIFTUNGSFEST 5K & KIDS 1/2 MILE

LEGION POOL PARK  
NORWOOD YOUNG AMERICA, MN  
SUNDAY, AUG.25, 2019

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 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. • Resto Espresso • Realty team three sixteen

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

## Registration Form - 2019 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.

Signature (required) \_\_\_\_\_

Parents must sign if participant is under 18 years of age.

Email Address: \_\_\_\_\_

Checks payable to **2019 Stiftungsfest 5K**

Mail to: **Stiftungsfest 5K** c/o Mark Lagergren  
**513 Devonshire Drive**  
**Norwood Young America MN 55397**