

11th Annual
Run and walk for world
Relief, development, and
Service projects of the
Mennonite Central Committee

MINNKOTA CHALLENGE

5K Run and 3K Walk
8:00 am, Saturday, July 22, 2006
Elmwood Park in Sioux Falls, SD
(5 Blocks West of the Arena)

Course: Accurate 5K and 3K loops on the bike trails starting at Elmwood Park can be entered at the intersection of Kiawanis and Russell, and one block south of Food and Fuel.

Entry Fee: Pre-registration Entry fee: \$15.00 if postmarked by **July 18**
\$20.00 after July 18 or on day of race
\$10.00 if no T-shirt
\$12.00 family or group discount (3 or more)

Checks payable to **Minnkota Challenge**

Entries can be mailed to: Renee Neufeld
45474 288th St
Viborg SD 57070 (605) 212-2309 (Please leave a message)
eener_n@yahoo.com

Age Divisions: 5K Run—Below 15, 16-25, 26-39, 40-49, 50-59, 60 and over

Awards: Will be in the form of Bonus Bucks to be used on an item of that value or greater at the Minn-Kota Mennonite Festival for world relief. (May not be redeemed in whole or part for cash.) Several Door Prizes will be given away as well.

Overall Male and Female--\$25 in Bonus Bucks
Age Category Winners---- \$15 in Bonus Bucks

T-shirts: Minnkota Challenge 2006 T-shirts for first 50 registrants. Earlier registration guarantees the size you request.

Check-in: Race packets may be picked up from 7:00—7:45 at Elmwood Park on race day.

General: Showers available at the arena.

Post-race refreshments provided after the races.

*****REGISTRATION FORM*** (cut along dotted line) *****

NAME _____ AGE DAY OF RACE _____ male female

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EVENT: 5K RUN _____ 3K WALK _____

T-shirt Size: Youth L _____ Adult S _____ M _____ L _____ XL _____

I certify that I am in good health and have trained for this event. In consideration of your accepting this entry, I hereby, for myself, my heirs, executor and administrator, waive and release any and all rights and claims for damages I may have against the organization holding this event, their agents, representatives, successors and assignors for any and all injuries by me at said meet.

Signature

Date

Parent's signature if under 18 years of age

Date