

Upsala Heritage

5K Run/Walk 2017

USA TRACK AND FIELD CERTIFIED
MN 09025 RR



Upsala, MN

Saturday – August 12, 2017

RACE WILL BE PROFESSIONALLY TIMED

All proceeds will go to the Upsala Ballpark Association
(UBA) for field improvements.

Take part in the eleventh annual Upsala Heritage 5K Run/Walk held on Saturday, August 12, 2017.

Race Location: Race begins on Main Street and ends on the south side of the Upsala Area School (located on the corner of HWY 238 and County Road 21).

Parking: Upsala School Parking Lot

Race Time: 8:00 a.m. (Course closes at 9:30 a.m.)

Check-in: 7:00-7:45 a.m.
Check-in and same day registration will take place in the school commons area.

Age Groups:

14 & under	30-39
15-19	40-49
20-29	50-59
60 & Over	

Awards: Medals for overall male and female and medals for top three males and females in each age group.

Award Ceremony: Upsala Area School commons immediately following final race times

You're welcome to stay for the Upsala Heritage Day parade at 10:30 a.m. down Main Street. Afternoon activities in the City Park include: antique car show, food stands, bean bag tournament, and much more. There will also be activities at the Upsala Recreation Building throughout the day.
Fireworks at dusk.

Upsala Heritage 5K Run/Walk

REGISTRATION FORM

August 12, 2017

Each Participant must fill out a separate registration form.

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE _____ **SEX** _____ **AGE** _____
EMAIL _____

5K Run/Walk (3.1 miles)

Register by July 24th - \$20 (free t-shirt)

Extra T-shirts available to walk-in runners/walkers while supplies last!

Register after July 24th - \$25

T-shirts guaranteed to all pre-registered runners/walkers.
Please circle shirt size: S M L XL Child: 10-12 or 14-16

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release any and all sponsors of this race and their representatives, successors and assigns, from any and all liability arising from illness and injuries I may suffer as a result of my participation in this race. I also understand and agree that any sponsor may subsequently use for publicity or promotional purposes my name and photograph, or videotape of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

Signature _____ Date _____ Parent or Co-Signature if under 18 _____ Date _____

Make checks payable to UBA (Upsala Ballpark Association)
Mail to or drop off at: Lange Oil, P.O. Box 129, Upsala, MN 56384
Additional forms are available at:
www.cityofupsala.com/heritage-days.php