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Run N Fun


Highland Business Association
790 Cleveland Ave S, Ste 219
St. Paul, MN 55116
Phone: 651-699-9042


# Highland Fest 2009 5K/Youth 1K

Sunday, July 19th
9:00 a.m.
Mississippi River Blvd.


Tel: 651-699-9042
Fax: 651-699-0245
www.highlandfest.com
Info@highlandba.com


# Highland Fest 5K & Youth 1K Fun Run

Welcome to the 6th Annual Highland Fest 5K and *Youth 1K Fun Run!*

The *1K Fun Run* will immediately follow the 5K, and is **free for youth 16 & under**. There will be awards for every participant!

The course is certified and we are proud to announce that this year Mississippi River Blvd will be closed for the race. Race results will be posted on ***Raceberry Jam.*** We will have official timers at the finish line for accurate results!

Tee Shirts will go to the first 200 registrants. (Please indicate on the registration what size you would like or if you would prefer not to receive a t-shirt).

All age groups are welcome. There will be one water stop half way. Refreshments and race bags at the finish line. No Duplication of Awards.

For more information, contact Shelly Harris (651) 699-9042 or Virginia Kampmeier (651) 699-8610.

**When & Where:**
Sunday, July 19th, 9:00 a.m. Registration and staging will be in the parking lot located on Mississippi River Boulevard, just Southwest of the Ford Motor Company parking lot. Parking is available in the Ford Motor Company parking lot adjacent to Mississippi River Boulevard.

**Certified Course Route:**
Start and Finish are on the Mississippi River Boulevard directly across from the Ford Motor Company. The route goes along Mississippi River Boulevard and turns back just before Cleveland Avenue.

**Registration:**
By mail to *HBA, 790 Cleveland Ave. S., St. Paul, MN 55116.*

Registration Fee: Pre-Registration - $20 (must be postmarked by July 17, 2009 )
Day of Race - $25

**Awards:**
Top three male and female runners.

**Last Name** ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ **Shirt Size (Circle One)**

**First Name** ☐☐☐☐☐☐☐☐☐☐☐☐ **MI** ☐ **S M L XL No Shirt**

**Address** ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

**City** ☐☐☐☐☐☐☐☐☐☐☐ **State** ☐☐ **Sex** ☐

**Zip Code** ☐☐☐☐☐ **Age on Race Day** ☐☐ **Day Phone #** ☐☐☐ ☐☐☐ ☐☐☐☐

Waiver: In the consideration of the acceptance of the entry, I, the undersigned, for myself, my heirs, executors, and assigns, do hereby waive and release any and all rights and claims for damages and injuries which I may have against the Highland Business Association, its board of directors and all other persons and entities involved in the event. I attest and verify that I am physically and medically able to participate in, and properly train for this event. Entrants under 18 years of age must have entry form signed by parent or guardian.

**Signature:** ____________ **Date:** ____________

**Signature Parent/Guardian:** ____________