



Saturday, June 26, 2010
9:30 a.m.
Anoka High School
Anoka, MN

This 5K run/walk is a fundraiser
in conjunction with the
Church of St. Stephen's annual
Summerfest celebration.



Summerfest SUN RUN

LOCATION:

Anoka Senior High, 3939 7th Ave, Anoka, MN 55303
(2 miles from Summerfest, on the park path behind
the high school).

ENTRY FEE:

\$15 for 5K run/walk (\$20 after June 10th)

SHIRTS:

All participants receive a FREE t-shirt with pre-registration!
Registration after the deadline cannot guarantee a t-shirt the day of the race.

REFRESHMENTS:

Fruit, water and more at the finish of the race

FACILITIES:

Bathrooms are available. Showers are not available.

RACE DAY REGISTRATION:

Pre-registration packet pick-up and same day registration begins at 8:00 a.m.

GIVEAWAYS & PRIZES:

All participants will receive a t-shirt, goodie bag and your name entered into a prize
drawing. The drawing will be held at the Summerfest stage at 11:30 a.m. (you must
be present to win).

2 WAYS TO REGISTER:

MAIL – fill out the form below and return OR drop off at the church office
ONLINE – www.runningroom.com

ADDITIONAL INFO:

763-424-4102 | Email: runninggirl282001@yahoo.com
www.ststephenchurch.org/news/summerfest.shtml

RACE DIRECTORS:

Pete and Franci Frisch

Please note: No pets or bikes allowed in the run/walk.



REGISTRATION FORM

ST. STEPHEN'S SUMMERFEST SUN RUN

MAKE CHECKS PAYABLE TO: Church of Stephen Summerfest

MAIL FORM TO: Church of St. Stephen, 525 Jackson Street, Anoka, Minnesota 55303 **OR** drop off at the Church office.
One form per runner. Forms may be photocopied, downloaded from the church website or picked up from the Parish Office.

LAST NAME: _____ **FIRST NAME:** _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____
(include apartment number and/or c/o)

TELEPHONE: _____ **GENDER:** M F **AGE:** _____ **BIRTHDATE:** _____

EMAIL: _____ **SHIRT SIZE:** S M L XL XXL **COST:** \$15 for 5K run/walk (\$20 after June10)

WAIVER: Knowing that running a race is a potentially hazardous activity, I enter this race certifying that I am medically able and properly
trained. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other
participants, the effects of weather, including high heat and/or humidity and condition of the trail.

Knowing these facts, and in consideration of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim
on my behalf, covenant not to sue, and waive, release, and discharge all sponsors and organizers of the St. Stephen's Summerfest Sun Run,
its volunteers, and the City of Anoka.

SIGNATURE: _____ **CO-SIGNATURE:** _____

(by parent or guardian if participant is under 18)