

RON ERNO MEMORIAL LAKE MINNEWASKA WARM UP 2019



5K and 10K Run

Around Beautiful Lake Minnewaska

Saturday ~ May 4, 2019 ~ 8 A.M.

Friday, May 3, 2019

Glenwood Lakes Area Chamber Community Room
7 1st St NW, Glenwood MN - West Door
3:00 - 7:00 P.M. Race packets may be picked up.

Saturday, May 4, 2019

Lakeside Ballroom, 180 S. Lakeshore Dr., Glenwood, MN
6:45 A.M. – 7:45 A.M. Registration & packet pick-up
7:45 A.M. Bus leaves for 10K
8:10 A.M. Bus leaves for 5K
8:15 A.M. 10K Run begins
8:30 A.M. 5K Run begins
Awards ceremony to follow the finish of the race.

Each pre-registered runner will
receive a race t-shirt.



Plus every 25th place in the
5K and 10K races
will receive \$25.00

10K RUN

TIME: 8:15 A.M

START: County Road 18
Transportation from Lakeside Ballroom at 7:45 A.M.
FINISH: Lakeside Ballroom in Glenwood
FEE: \$20.00 (\$25 for entries sent after 4/15/19)

DIVISIONS: Men & Women
AGE GROUPS: 17 & Under; 18-30; 31-39;
40-49; 50-59; 60 & Over

Prizes & Awards

Overall Winner - Men & Women
1st Place - \$200, 2nd - \$100, 3rd - \$50
Medals to 1st, 2nd and 3rd place finishers
in each age division.

5K KIDS RUN

TIME: 8:30 A.M

START: County Road 17 near Peters' Resort
Transportation from Lakeside Ballroom at 8:10 A.M.
FINISH: Lakeside Ballroom in Glenwood
FEE: \$12.00

DIVISIONS: Boy & Girl
AGE GROUPS: 6 & Under; 7-9; 10-12

Prizes & Awards

Medals to 1st, 2nd and 3rd place finishers
in each age division

SARAH HOIDAHL 5K RUN

TIME: 8:30 A.M

START: County Road 17 near Peters' Resort
Transportation from Lakeside Ballroom at 8:10 A.M.
FINISH: Lakeside Ballroom in Glenwood
FEE: \$20.00 (\$25 for entries sent after 4/15/19)
Kids 12 & under pay just \$12.

DIVISIONS: Men & Women
AGE GROUPS: 13-17; 18-30; 31-39;
40-49; 50-59; 60 & Over

Prizes & Awards

Overall Winner - Men & Women - 1st Place - \$100
Medals to 1st, 2nd and 3rd place finishers
in each age division.

ENTRY FORM

One entry form per person. Photocopies allowed.

Clip & mail (with check payable to Minnewaska Warm-up) to: 5 North Franklin Street, Glenwood, MN 56334

Please indicate which race you are registering for 10K Race 5K Race

Name (last name / first name)

Age on 5/1/19

Sex

Mailing Address

Date of Birth

City

State

Zip Code

Shirt Size-Youth or Adult (circle one)

S M L XL XXL

Daytime Phone

- -

Email

The undersigned acknowledges that the races are voluntary and that I am voluntarily participating. I hereby release the Lake Minnewaska Warm Up, its officers, volunteers, race officials, sponsors and all other parties from any claims, demands, or causes of action of every nature which arise out of or are connected with the Lake Minnewaska Warm Up races and/or events.

The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms and voluntarily sign the same.

Date

Signature

Signature of Parent/Guardian if runner is under 18



Register online at signmeup.com

or send registration form with check payable to:

Minnewaska Warm Up
5 North Franklin Street
Glenwood, MN 56334

Early entry deadline is April 15, 2019
www.minnewaskawarmup.org
320-424-1395

RACE FACTS

- Water stations are plentiful.
- Fees prior to 4/15/2019: 10K - \$20; 5K - \$20 for adults, \$12 for 12 & under.
- Fees after 4/15/2019: 10K - \$25; 5K - \$25 for adults, \$12 for 12 & under.
- Post-race refreshments will be available at the finish line.
- Bus service back to the starting line will be available.
- Running shirts will be given to all pre-registered participants. Late registrants after 4/15/19 will not be guaranteed a shirt.
- All races timed by Brad Pickle of Pickle Events.

** In the case of inclement weather...the race will be cancelled -the entry fee is non-refundable*

AMERICA'S BEST VALUE INN
Hwy 55 & 28
Glenwood, MN 56334
320-634-5105

CEDAR INN
604 N. Main Street
Starbuck, MN 56381
320-239-4300

GLENWOOD CAMPGROUND
Glenwood, MN 56334
Reservations • 320-634-5433

PETERS' SUNSET BEACH RESORT
Glenwood, MN 56334
320-634-4501

HOLIDAY INN
Alexandria, MN 56334
320-763-6577

BAYMONT SUITES
100 15th Street SE
Glenwood, MN 56334
320-634-1944

HUNT'S RESORT
23306 N. Lakeshore Drive
Glenwood, MN 56334
320-634-3323

GRANDSTAY HOTEL
Glenwood, MN 56334
Reservations • 320-334-3700

For more motel information,
contact Glenwood Chamber
of Commerce 320-634-3636