

LAKE MINNEWASKA WARM UP 2010

Certified Half Marathon
Around Beautiful Lake Minnewaska
Saturday ~ May 8, 2010 ~ 8 A.M.



SCHEDULE

Friday, May 7, 2010

Lakeside Ballroom, 180 S. Lakeshore Dr., Glenwood, MN
3:30 - 8:00 P.M. Race packets may be picked up
5:30 - 8:00 P.M. Pasta dinner available for purchase
at the Lakeside

Saturday, May 8, 2010

Lakeside Ballroom, 180 S. Lakeshore Dr., Glenwood, MN
7:05 A.M. Bus leaves for Half-Marathon
7:40 A.M. Bus leaves for 10K & 5K Runs
8:00 A.M. Half Marathon begins
8:15 A.M. 10K Run begins
8:30 A.M. 5K Run begins
10:30 A.M. - Awards ceremony for all runs

RACE FACTS

Half marathon course is USA Track and Field certified and sanctioned. Distances are accurate and eligible for state and national records.

Water stations are plentiful.

Prizes for each race.

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 participants. Late registrants after 4/15/10 will not be guaranteed a shirt.

No duplication of money prizes.

Example: 3rd place overall, but winner of age group will receive the highest amount - \$300.00.

All races timed by Brad Pickle of Pickle Events.

HALF MARATHON

TIME: 8:00 A.M.

START: Starbuck Community Center
Transportation from Lakeside Ballroom
at 7:05 A.M.

Finish: Lakeside Ballroom, Glenwood

Fee: \$40.00 (\$45 for entries sent after 4/15/10)

Divisions: Men & Women

Age Groups: 18-30; 31-39; 40-54; 55 & Over

Prizes:

Overall Winner - Men & Women

1st Place - \$500

2nd Place - \$300

3rd Place - \$200

Age Categories:

1st Place - \$300

2nd Place - \$200

3rd Place - \$100

Plus: Every 25th Place Wins \$100

10K RUN

TIME: 8:15 A.M.

START: County Road 18

Transportation from Lakeside Ballroom
at 7:40 A.M.

Finish: Lakeside Ballroom in Glenwood

Fee: \$25.00 (\$30 for entries sent after 4/15/10)

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 - \$100

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

Plus: 1 in 15 - \$100 winners randomly drawn
from finishers. 1 for every 15 entries.

5K RUN

TIME: 8:30 A.M.

START: County Road 17 near Peters' Resort

Transportation from Lakeside Ballroom
at 7:40 A.M.

Finish: Lakeside Ballroom in Glenwood

Fee: \$25.00 (\$30 for entries sent after 4/15/10)

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 - \$100

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

Plus: 1 in 15 - \$100 winners randomly drawn
from finishers. 1 for every 15 entries.

ENTRY FORM

One entry form per person. Photocopies allowed.

Clip & mail (with check payable to Minnewaska Warm-up) to: 321 NE 4th Street, Glenwood, MN 56334

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

Name (last name / first name)

Age on 5/1/10

Sex

Mailing Address

Date of Birth

City

State

Zip Code

Shirt Size

 S M L XL

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
midwestevents.com
or send registration form
with check payable to
'Minnewaska Warm Up' to:
321 NE 4th Street,
Glenwood, MN 56334

Early entry deadline is April 15, 2010
www.minnewaskawarmup.org

PRIZES

Half-Marathon

Overall Winner Men & Women
1st Place \$500
2nd Place \$300
3rd Place \$200

Age Categories

18-30 • 31-39 • 40-54 • 55 & Over
1st Place \$300
2nd Place \$200
3rd Place \$100
Every 25th Place Wins \$100

10K & 5K

Overall Winner Men & Women
1st Place \$100

Age Categories

17 & Under • 18-30 • 31-39
40-49 • 50-59 • 60 & Over
1st, 2nd, 3rd Place - Medals

Plus multiple \$100 winners
randomly drawn from finishers.

SCOTWOOD MOTEL
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
Sunset Beach
Glenwood, MN 56334
320-634-4501

HOLIDAY INN
5637 Hwy 29 S.
Alexandria, MN 56308
320-763-6577

DAYS INN - ALEXANDRIA
4810 Hwy 29 S.
Alexandria, MN 56308

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

GLACIAL STATE PARK
Starbuck, MN 56381
Reservations • 320-239-2860

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