

42ND ANNUAL

NORSK RUN

2 MILE RUN/WALK & 5 MILE RUN
8:30AM SATURDAY JUNE 9, 2018



Benefiting the 50th Mount Horeb Summer Frolic

mthorebsummerfrolic.com

The kickoff to summer for 50 years!

Grundahl Park Shelter, Parkway Drive

Mount Horeb, WI

Hosted by Knights of Columbus

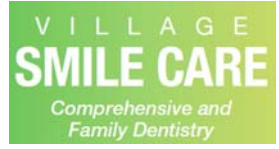
PLACE
STAMP
HERE

TO: 2018 Norsk Run

c/o Ryan Czyzewski

108 Terrace Ct.

Mount Horeb, WI 53572



MOUND CITY BANK



EARLY-BIRD DISCOUNT

(ENDS MAY 18TH)

\$15 Individual

\$35 Family of 3

\$40 Family of 4 or more

(family only please)

\$10 Event T-Shirt (not included with registration fee) availability guaranteed

RACE DIVISIONS – MEN'S & WOMEN'S

Awards will be given to the top 3 finishers in each division of both races

2 Mile Run/Walk: 9 & under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-65, 66+

5 Mile Run: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-65, 66+

5 MILE COURSE

The race will begin at Grundahl Park, head south on South Blue Mounds Road. South Blue Mounds Road becomes Sand Rock Road.

Continue south on Sand Rock Road to the 2.5 mile marker, turn around and head for the finish line on the same course.

All participants must register on the attached form and sign
Parent or guardian must sign for participants under the age of 18

(AFTER MAY 18TH & RACE DAY)

Grundahl Park Shelter

\$20 Individual

\$45 Family of 3

\$50 Family of 4 or more

(family only please)

\$10 Event T-Shirt (not included with registration fee) availability limited

Registration opens 7:45 AM, closing 5 minutes before race.

Pre-registered runners may pickup packets on morning of the race



2 MILE COURSE

The 2 mile course begins at Grundahl Park and follows the 5 Mile course until the 1 mile mark. Participants will then turn around and head for the finish line.

AWARDS CEREMONY 9:45AM

2018 NORSK RUN Registration (early registration ends May 18th)

SEND TO:
Ryan Czyzewski
108 Terrace Ct.
Mt. Horeb, WI 53572
608-437-1356
rczyzewski@gmail.com

Make checks payable to:
Mount Horeb Summer Frolic

Name (please print clearly)

Address

City State Zip

Event: 2 Mile 5 Mile

Male Female

Birth day (MM/DD/YY) / /

T-Shirt (not included) Yes No Size (circle one)

Youth S M L
Adult S M L XL XXL

I am entering this event at my own risk and will not hold the Mount Horeb Summer Frolic Committee, its agents and officials, or participating municipalities and their officials responsible for any injury or illness, direct or indirect, which might occur from my participation. The Mount Horeb Summer Frolic Committee's judgments, decisions on rules, finish placement, and times are final.

Signature:

Signature (All must sign—parent or guardian if under age 18)

Email Address