



The Northland 300 presents...



5K Fun Run/Walk

to benefit Special Olympics Minnesota

Saturday, June 26, 2010

Registration, Start and Finish: Kaposia Park, 1028 Wilde Avenue, South St. Paul

Registration Opens: 8:30 a.m.

Race Starts: 10:00 a.m.

Cost: \$20.00—Pre-race registration
\$25.00—Day of race registration
Family Package (for walkers only):
\$25.00 for 5 people (1 t-shirt only)

Special Olympics Minnesota Mission:

Special Olympics Minnesota enhances the human potential and quality of life for children and adults with intellectual disabilities by offering year-round sports training and competition. By sharing their joy and courage, our athletes inspire the human spirit in all of us.
(www.specialolympicsminnesota.org)

Northland 300 Mission:

The mission of the Northland 300 is to raise funds for Special Olympics Minnesota through year-round activities planned by an all-volunteer Board of Directors.

Kaposia Days Mission:

A community celebration provided by the community, for the community. It's primary purpose is to improve the quality of life in South St. Paul by developing a sense of community. This is accomplished through leisure time involvement in South St. Paul either through preparation for the celebration or participation in the activities which are oriented toward the family unit.

QUESTIONS? Contact

Kevin Gallahue 651-451-2617 or
Kathy Karkula 612-604-1272
(karkulak@somn.org)

Send Pre-Race Registration to:
Northland 300/Kathy Karkula
2535 California Street NE
Minneapolis, MN 55418

During the Awards Ceremony, there will be a drawing for 2 tickets to a

2010-2011 Minnesota Wild Game

All participants are eligible and must be present to win.

RACE DIVISIONS (Male and female from each)

10-19 20-29 30-39 40-49 50-59 60-69 70+

Name: _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

FAMILY (For use by Family Package Walkers Only) – Names Only
