

# "THE UDDER RUN"

---

**Saturday, June 11, 2011  
Goodhue, MN**

**1 Mile Fun Run  
9:00 AM**

**5 Mile Walk  
9:00 AM**

**5 Mile Run  
9:20 AM**

**Check In & Registration**     **8:00 – 8:45 AM** at Goodhue Public School – North Lobby  
**No 5 mile run entries accepted after 9:00 a.m.!**

**Course**     1 Mile on streets and paved trail in town.  
5 Mile Run and Walk on out and back course on paved roads.

**Age Divisions**     1 Mile & 5 Mile Walk – NO Divisions  
5 Mile Run (men's & women's) 13 & under, 14-19, 20-29, 30- 39, 40-49, 50-59, & 60 +

**Awards & Prizes**     1 Mile – Participation Ribbon, Prize for Youngest & Oldest  
5 Mile Run – Medals (top 3 overall men & women) and Age Division Awards  
All Participants receive root beer floats & other great dairy products, plus door prizes.

**Activities**     Check out the Goodhue website for full details of all Volksfest events. ([www.cityofgoodhue.com](http://www.cityofgoodhue.com))

**Sponsors**     Volksfest Committee, Dairy Farmers of America, Inc., Land O' Lakes, Inc., Associated Milk Producers, Inc., DFA Young Cooperators, Midwest Dairy Association of Goodhue Co., White Rock Bank, and Ag Partners

**Registration**     Mail registrations to:     **Udder Run**  
39470 230<sup>th</sup> Ave.  
Goodhue. MN 55027

**Contact Info**     Email: [speedysheep@hotmail.com](mailto:speedysheep@hotmail.com)  
Phone: Benjamin Raasch (651) 380-8923

---

## CHECK EVENT

**\*\*\*PLEASE REGISTER EARLY\*\*\***

\_\_\_ **1 Mile Run**     Volksfest Button

\_\_\_ **5 Mile Walk**     \$15.00 through June 6<sup>th</sup> \$20.00 Day of Race     **Make checks payable to "Goodhue Volksfest"**

\_\_\_ **5 Mile Run**     \$15.00 through June 6<sup>th</sup> \$20.00 Day of Race

**NAME** (Print Please) \_\_\_\_\_ **AGE** \_\_\_\_\_ **SEX** (Circle)     M / F

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**T-SHIRT SIZE** (Circle)     Adult     XL     L     M     S     Youth     L     M     S

Waiver: I understand that I am entering this event at my own risk. I will assume all responsibility for any injuries that I may receive as a direct or indirect result of my participation. For myself and heirs, I hereby absolve the Race Sponsors, the City of Goodhue or any others involved from the responsibility thereof.

\_\_\_\_\_  
**\*Contestant Signature**     (Parent or Guardian if under 18)