

# "THE UDDER RUN"

---

**Saturday, June 8, 2019  
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, FDA and Ag Partners

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

**Contact Info**     Phone: Benjamin Raasch (651) 380-8923

---

**CHECK EVENT**

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

    **1 Mile Run**     Volksfest Button

    **5 Mile Walk**     \$15.00 through June 1st \$20.00 Day of Race     **Make checks payable to "Goodhue Volksfest"**

    **5 Mile Run**     \$15.00 through June 1st \$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)