

OFFICIAL ENTRY

Longville Lakes Area Chamber of
Commerce

Complete and mail to:
P.O. Box 33, Longville, MN 56655

30k and 5-Mile Run/Walk
Saturday, May 7, 2011

Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

E-mail Address _____

Number Attending the Friday Night Dinner _____

Divisions

30k _____ 5-Mile Run _____ 5-Mile Walk _____

Male _____ Female _____

Male and Female Divisions in each age group.

30k Run

_____ Indicate Exact Age

(Age Categories for 30k Same as 5-Mile Run)

5-Mile Run

_____ 14 & Under	_____ 30 - 34	_____ 50 - 54
_____ 15 - 19	_____ 35 - 39	_____ 55 - 59
_____ 20 - 24	_____ 40 - 44	_____ 60 - 64
_____ 25 - 29	_____ 45 - 49	_____ 65 +

5-Mile Walk

_____ 9 & Under	_____ 30 - 39	_____ 50 - 59
_____ 10 - 19	_____ 40 - 49	_____ 60 & Up
_____ 20 - 29		

T-Shirts & Medals

Pre-register by April 29, 2011 to guarantee
a T-Shirt and Medal on race day.

Small _____ Medium _____ Large _____ XLarge _____

Past Winners

30k Run

	Male		Female	
2010	Jim Ramacier 1:58:30		Gina Aalgaard-Kelly 2:07:25	
2009	Michael Lee 2:26:24.0		Melissa Jansen 2:18:12.0	
2008	Mark Keenan 2:07:16.0		Rochelle Wirth 2:12:08.0	
2007	Jim Ramacier 1:56:17.0		Marlo McGover 2:09:12.0	
2006	John Ofstedal 1:53:33.0		Marlo Crosby 2:04:41.0	
2005	John Ofstedal 1:49:25.9		Karen Manske 2:18:22.4	
2004	John Ofstedal 1:53:41.4		Karen Manske 2:17:47.0	
2003	John Ofstedal 1:47:14.6		Karen Ladig 2:16:48.5	
2002	Keith Brandt 1:56:25.9		Yvette Dockendorf 2:08:52.0	
2001	Dave Erickson 1:57:49.9		Traci Amundson 2:09:09.5	
2000	Bill Field 1:49:20.0		Karen Ladig 2:19:10.0	

5-Mile Run

	Male		Female	
2010	Chris Sjolander 31:38		Kim Schultz 35:07.0	
2009	John Ofstedal 29:17.7		Kim Schultz 37:08.0	
2008	Jordan Peterson 29:30.0		Angela Walther 37:03.0	
2007	Tom Ellingson 32:04.0		Kim Schultz 38:01.0	
2006	Robert Bergstrom 30:17.0		Kathy Peterson 40:32.0	
2005	Wesley Belanger 30:56.9		Theresa Felix 35:13.9	
2004	Steve Kohorst 30:46.7		Lisa Jordan 37:39.8	
2003	Dave Evenson 33:46.0		Theresa Felix 35:03.1	
2002	Barry Fisher 30:16.2		Marlo Crosby 34:13.0	
2001	Barry Fisher 31:09.8		Michelle Andres 36:03.0	
2000	Dave Evenson 28:35.0		Theresa Felix 36:12.0	

5-Mile Walk

	Male		Female	
2010	Dale Hillstrom 1:01:35		Pam Lipsy 49:09.0	
2009	Dale Hillstrom 50:42.8		Pam Lipsy 49:11.3	
2008	Dale Hillstrom 57:14.0		Pam Lipsy 52:19.0	
2007	Dale Hillstrom 58:18.0		Pam Lipsy 50:45.0	
2006	Dale Hillstrom 1:00:49.2		Pam Lipsy 48:53.7	
2005	Woody Boyer 1:01:40.0		Pam Lipsy 56:08.0	
2004	Woody Boyer 1:01:36.5		Pam Lipsy 58:55.5	
2003	Woody Boyer 1:02:36.4		Kris Nelson 49:25.0	
2002	Woody Boyer 1:00:48.7		Pam Lipsy 57:29.1	
2001	John Ovsak 56:38.8		Pam Lipsy 57:48.7	
2000	Reno Wells 59:29.0		Pam Lipsy 55:36.0	

Course Records

30K

2003	John Ofstedal	1:47:14.6
2006	Marlo Crosby	2:04:41.0

5-Mile Run

1999	Dave Avenson	27:15.0
1999	Marlo Crosby	33:23.0

5-Mile Walk

2009	Dale Hillstrom	50:42.8
2006	Pam Lipsy	48:53.7



Run Around Woman
Longville Lakes Area Chamber of
Commerce
P.O. Box 33, Longville, MN 56655



Longville, MN
Saturday
May 7, 2011



**14th Annual Run Around Woman
Saturday, May 7, 2011**

Entry Fees . . .

Early Registration received by April 29

- \$30 for 30k**
- \$25 for 5-Mile Run**
- \$25 for 5-Mile Walk**

The entry fee includes a Friday night Spaghetti "Dinner with the Doc" at 6:30 p.m. at Salem Lutheran Church in Longville, MN. Following dinner, a doctor from Crosby Hospital will give a presentation with Q & A to follow. Dinner cost is \$7 to non-race participants.

Make Checks Payable to:
Longville Lakes Area Chamber of Commerce
Mail to:
PO. Box 33
Longville, MN 56655

Locally, registration forms can be dropped off in the Chamber basket at The One Stop.

Race Day Registration & Packet Pick-Up . .

NOTE NEW LOCATION
Race day registration and packet pick-up will be held from 7:30 a.m. to 8:45 a.m. at Patrick's Fine Dining.

Starting Times . . .

30k run will start precisely at 9 a.m. on Hwy. 84 south of town, by St. Edward's Catholic Church.
5-Mile Run/Walk will start at 9:15 a.m. in downtown Longville, by the City Docks.
Official timing will end at 12:45 p.m.

Facilities . . .

Restrooms and parking will be available at Patrick's Fine Dining and throughout the town.
Refreshments will be available at the Finish Line.

Awards . . .

There will be an Awards Ceremony at Patrick's at 1 p.m. Awards will be presented to the top three males and females in each of the divisions, which are listed below. There will also be a special prize for the first male and female to finish the 30k, the 5-Mile Run, and the 5-Mile Walk. Commemorative Medals will be presented to all race finishers.

30k Course . . .

This course goes south on Highway 84, west and north on County Road 11, and east on CR 5 back to Longville, ending at the City Docks. The course follows the blacktop roads around Woman Lake. Enjoy the scenic beauty and rolling hills. This certified and sanctioned course is a great tune-up for Grandma's Marathon!

5-Mile Course . . .

This course begins and ends in the center of town. It is out-and-back on County Road 5.

Aid Stations . . .

Aid Stations will be located at miles 3, 6, 9, 11, 13, 15, 16.5, and 18 for the 30k and at miles 2¾ and 4 for the 5-mile. Volunteer personnel, emergency communications, and water will be available at each aid station.

Divisions . . .

Male and Female Divisions in each age group.

30k and 5-Mile Run

14 & Under	30 - 34	50 - 54
15 - 19	35 - 39	55 - 59
20 - 24	40 - 44	60 - 64
25 - 29	45 - 49	65 +

5-Mile Walk

9 & Under	30 - 39	50 - 59
10 - 19	40 - 49	60 & Up
20 - 29		

Longville, MN . . .

Longville is nestled among many lakes in North Central Minnesota, 3½ hours north of the Twin Cities. It is 150 miles east of Fargo and 125 miles west of Duluth.

Lodging . . .

Numerous resorts, motels and campgrounds in the area are available for lodging. To receive further information, call the Longville Lakes Area Chamber of Commerce at 800-756-7583 or visit the Longville website at www.longville.com. A listing will be mailed to you upon request.

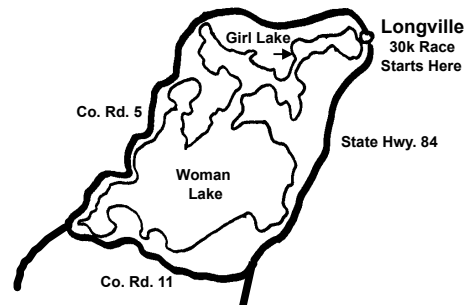
Showers . . .

There will be shower facilities open to the runners. More details at the race. Please bring your own towels and toiletries.

Results . . .

Race results will be posted on the internet at www.raceberryjam.com and at www.longville.com.

30k Race Route



RELEASE FORM

RELEASE: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my Heirs, Executors, and Administrators, do hereby release any and all sponsors of this race, and their representative, successors, and assigns from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photographs of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

Participant's Signature

Parent's or Guardian's Signature (If under 18)

Entry Fees

**Early Registration Postmarked
by April 29, 2011**

- \$30 for 30k**
- \$25 for 5-Mile Run**
- \$25 for 5-Mile Walk**

Includes Friday Night Spaghetti Dinner

**Make Checks Payable to:
Longville Lakes Area Chamber of Commerce**

**Go to www.longville.com for
updated race day events**