

# 40th Annual St. Urho Run/Walk

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TAKE IN THE PARADE . . .  
*Saturday night, July 10th*

**A BIG THANK YOU TO ALL COMMUNITY VOLUNTEERS!**

**It's Midsummer Celebration in Menahga**

**JULY 9-10-11 ... Come join the fun!**

*Have fun in Menahga!*

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The 40th annual St. Urho 5k Run/Walk & 10k Run is scheduled for Saturday, July 10 starting at 9 a.m. in Menahga, 1st St. SE and Elm Ave. SE.

You can pre-register at Shell Sport & Bait or A Clean Plate in Menahga until 4 p.m. on Friday, July 9.

To register online go to getmeregistered.com and the search words are Saint Urho or Menahga.

Race day registration and packet pickup will be from 7:15-8:30 a.m. at the MHS football field concession stand at 1st St. SE and Elm Ave. SE. Pre-registered participants (by noon, July 9) can pick up their packets, on Friday, July 9 at the Assumption of Our Lady Catholic Church social hall from 5-7 p.m.

What's included in the registration fee: A custom, St. Urho Run T-shirt (note: choose from a "50/50 T-shirt" at \$15 or "performance fabric t-shirt" at \$18 through July 3. After July 4, all registrations, which include the 50/50 shirt are \$23.

Awards and race results: Awards will be given to overall winners in both races, the top three finishers in the baby stroller division, and the top three finishers in each age/sex group in both races. Your times can be seen as you cross the finish line. Overall results will be available at Northlandrunner.com and Minnesotarunner.com.

If you have any questions, you can send an email to sturhorun@wcta.net

Parking: Please park in the Menahga Public Schools parking lot, between the start and finish lines.



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