

5K Run/Walk and 15K Ride **Saturday, August 28**

Northland Lutheran High School is sponsoring its fourth annual 5K Run/Walk and 15K fun ride along with a fellowship cookout on Saturday, August 28. This event is a great way to reacquaint with friends and family while engaging in healthy activity. This event also serves as an excellent opportunity to get to know the new Northland families. All proceeds from this event support the tuition assistance fund which allows all young people the opportunity, regardless of income, for Christian education at Northland.

Right now you might be thinking: “That sounds great, but I don’t know if I could run a 5K?” Please remember that the event is a run/walk. Many people choose to walk and converse with others for the entire course. There is also an abbreviated course for those not wishing to walk the entire distance. In addition, some choose to forego the run/walk/ride aspect of the event and just come for the cookout and a t-shirt.

Activity Schedule for Saturday, August 28

9:00 – 10:15 A.M.	Registration
10:00 A.M.	15K Fun Ride begins
10:30 A.M.	5K Run/Walk begins
11:00 – 1:00 P.M.	Fellowship Cookout and awards ceremony

Entry fees:

- A \$25 Registration Fee covers the 5K Run/Walk or 15K Ride, a T-shirt, and cookout after the events.
- \$15 covers the T-shirt and cookout only (for those not wishing to Run, Walk, or Ride).
- Participants may wish to receive \$25 or more in pledges rather than submitting a registration fee. Pledges should be submitted on the day of the race.

Large families or families with special situations who are wishing to attend may contact Ryan Wiechmann at (715)-359-3400.

Please check out our website at www.nlhs.org to access race information and registration forms.