

# ST. LOUIS COUNTY MINNESOTA

# HEROES

## 5K FUN RUN ▲ 1 MILE KIDS RUN

### SAT. AUG. 29, 2015

#### ▶ WHAT:

A 5K walk/ run family fun event open to the public. Highlights include; family fun 5K, 1 mile kids race, t-shirts to all participants, food, wellness vendor fair, educational materials, prize drawing and awards to top age group placers.

#### ▶ WHY:

To encourage greater health and wellness of all employees, retirees, families, friends and neighbors, and to pay tribute to the late Steve O'Neil, Dave Fremling, and all other public service community heroes.

#### ▶ RACE COORDINATION / CONTACT INFO:

Tiffany Kari,  
St. Louis County's Health Promotion Coordinator  
(218) 720-1551, karit@stlouiscountymn.gov

#### ▶ COST:

\$25 for general public, \$15 for all public employees, active employees and, retirees, including spouses and dependants. Free for kids ages 11 and younger.

- KIDS - 9:00 a.m.
- ADULTS - 9:15 a.m.
- GRAND LAKE FIRE HALL,  
SAGINAW, MN  
HWY 53 & CANOSIA ROAD
- GUARANTEED T-SHIRT IF REGISTERED BY AUGUST 21ST
- KIDS GET FREE GATORADE AND PARTICIPATION PRIZE
- TO REGISTER ONLINE:  
SEARCH RACEFORWELLNESS OR  
WWW.NORTHLANDRUNNER.COM
- RACE DAY REGISTRATION WELCOME

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