



PRESS RELEASE

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FOR IMMEDIATE RELEASE

PUBLIC INVITED TO RACE FOR SPECIAL OLYMPICS

Jimmy's Food and Drink, along with Tri Fitness and the Northland 300 will share hosting the very first 5K in Vadnais Heights on Saturday, September 6, 2008 at the Vadnais Heights Community Park at 661 East County Road F. Funds raised go to benefit the athletes of Special Olympics Minnesota.

A Pre-Race Spaghetti Dinner will be held at Jimmy's Food and Drink on Friday, September 5 from 5-8p.m. for \$7.95 per person. During this time you can also register for the race and pick up your race packet.

Entry Fees are \$25.00/per adult, \$20.00/per child with a 15% discount for each family of three or more. Race day registration is available from 6:30a-8:00am. At that time the cost to register will be \$30.00/per adult and \$25.00/child.

There will be a ½ mile fun run for kids age 9 & under. Cost is \$5.00 and you will need to be registered prior to September 6.

All participants will receive a Technical shirt. Food and refreshments will be served following the race. For further information contact Vicki Ostendorf at 651.426.1919 or Vicki@trifitnesswbl.com. Visit www.zapevent.com to register on line or drop off your completed registration form and entry form at Tri Fitness, 2193 – 4th Street, White Bear Lake, MN 55110.

If you have questions regarding Special Olympics Minnesota, please contact Kathy Karkula at 612.604.1272 or karkulak@somn.org.

Athletes from Special Olympics Minnesota will be present for you to meet.