



September 11, 2009

**PRESS RELEASE
For Immediate Release
(Photo ops available)**

Lisa Hagens
Volunteer Marketing Director
Northland 300
952-380-8911
lisahagens11@msn.com

PUBLIC INVITED TO RACE FOR SPECIAL OLYMPICS

Jimmy's Food and Drink and the Northland 300 will share hosting the HamDog 5K Fun Run/Walk in Vadnais Heights on Saturday, September 19, 2009 at the Vadnais Heights Community Park Pavilion at 661 County Road F. Funds raised go to benefit the athletes of Special Olympics Minnesota.

Free Babysitting will be available to participating Walkers & Runners with Games & Prizes for the Kids and a **Buddy Walk** for persons with disabilities who want to participate... a walker or runner will accompany them.

Entry Fees are \$20.00 per runner, \$20.00 per walker. Register in advance by completing the registration form at www.northland300.org Other Events page or arrive early the day of the event to register. Opening Ceremony will be held at 9:30 a.m. and racers start at 10:00 a.m. Prizes and lunch will be served at the completion of the event.

The first 50 registered participants will receive a goodie bag and a free HamDog T-shirt. For further information, please contact Kathy Karkula at 612.604.1272 or karkulak@somn.org or visit www.northland300.org.

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