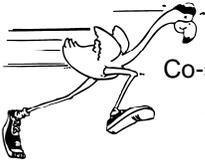


# 31st Annual Otto Grunski Runski Saturday, August 13



Co-sponsored by the City of Menasha Parks and Recreation Department and the Neenah-Menasha YMCA  
4 Events in 1 Grunski Runski 10K and 2 mile and Kid's FunRunski 1/4 and 1/2 mile  
Official Entry - also available on-line at <http://www.cityofmenasha-wi.gov>



I enter this event at my own risk and agree to hold the City of Menasha, all race sponsors, and all workers or volunteers associated with this event harmless for all liability, damage or personal injury I may sustain out of my participation in this event. If applicable, as parent or guardian, I have explained to my child to the best of my ability, the risks associated with running or walking this event, and all risks associated with participation in this event.

Name: \_\_\_\_\_ Gender (M or F): \_\_\_\_\_ Age: \_\_\_\_\_ (on race day)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Telephone: \_\_\_\_\_ T-shirt Size: Youth: XS S M L XL  
Adult: XS S M L XL XXL

E-mail: \_\_\_\_\_ (to receive future Grunski information only)

Signature: \_\_\_\_\_ Race results available on-line at [www.cityofmenasha-wi.gov](http://www.cityofmenasha-wi.gov)  
(parent sign if under 18)

**FunRunski:** (please ✓)  ages 6 & under (1/4 mile)\*  ages 7-12 (1/2 mile)\*

**Grunski Runski:** (please ✓)  10K Run  2 Mile Run\*  10K Walk\*  2 Mile Walk\*

\* 2 mile run, walking events and Kid's FunRunski are non-competitive and are not timed. Participants may note their times by the finish line time clock.

**Grunski Runski Ages:** 2 Mile:  13 & Under  14-19  20-29  30-39  40-49  50-59  60-69  70-79  Wheelchair  
(please ✓ one) 10K:  14-19  20-29  30-39  40-49  50-59  60-69  70-79  Wheelchair

Checks payable to: City of Menasha, 140 Main Street, Menasha, WI 54952

## Event Information

Saturday, August 13, 2011



Proud Sponsor of the  
Grunski Runski!

<b>Categories</b>	10K Walkers	8:30 a.m.
	Wheelchair Participants	8:35 a.m.
	10K Runners	8:40 a.m.
	2 Mile Runners & Walkers	8:45 a.m.
	1/4 mile, ages 6 & under	10:30 a.m.
	1/2 mile, ages 7-12	10:45 a.m.
	Awards	11:15 a.m.

**FunRunski** A kid's event to promote healthy activity.

**Courses:** Start and finish same as Grunski Runski

**Awards:** T-shirt only guaranteed if registered by August 4, ribbon and snack after events. Top 3 finishers in each event will be recognized.

**Fees:** \$5 through August 4, \$7 thereafter

**Registration:** On-line at [Active.com](http://Active.com) or with this registration form. Also August 12 from 11:00 a.m.-6:00 p.m. in the Jefferson Park Pavilion. Race day registration starts at 6:30 a.m. in front of the swimming pool.

## Grunski Runski

**Courses:** Separate start lines for 2 Mile and 10K. Courses start in front of the pool and by the pavilion. Relatively flat, fast course. Three water stations on the 10K course and one on the 2 mile. Split times read at mile 1, 3, and 5. 10K run chip timed.

**Awards:** **T-shirts only guaranteed to participants registered by August 4.** Unique prizes to the fastest male and female in each race.

10K run: Plaques to 1st place in each division, medals to 2nd and 3rd. 2 mile run: top 3 finishers will be recognized.

**Award ceremony 11:15 a.m. near the finish line.**

**Fees:** \$16 through August 4, \$18 thereafter

Families of 3 or more registering together can take \$1 off each fee.

**Registration:** On-line at [Active.com](http://Active.com) or with this registration form. Also August 12 from 11:00 a.m.-6:00 p.m. in the Jefferson Park Pavilion or day of event start at 6:30 a.m. in front of the swimming pool in Jefferson Park. To avoid waiting in line on race day, pre-registration is highly recommended.

**After the Race:** Participants join the celebration in the pavilion. Food, music and great camaraderie!

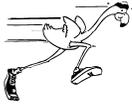


### Early Race Number & T-shirt Pick-Up

Friday, August 12th

11:00 a.m.-6:00 p.m.

Jefferson Park Pavilion 915 Third Street, Menasha

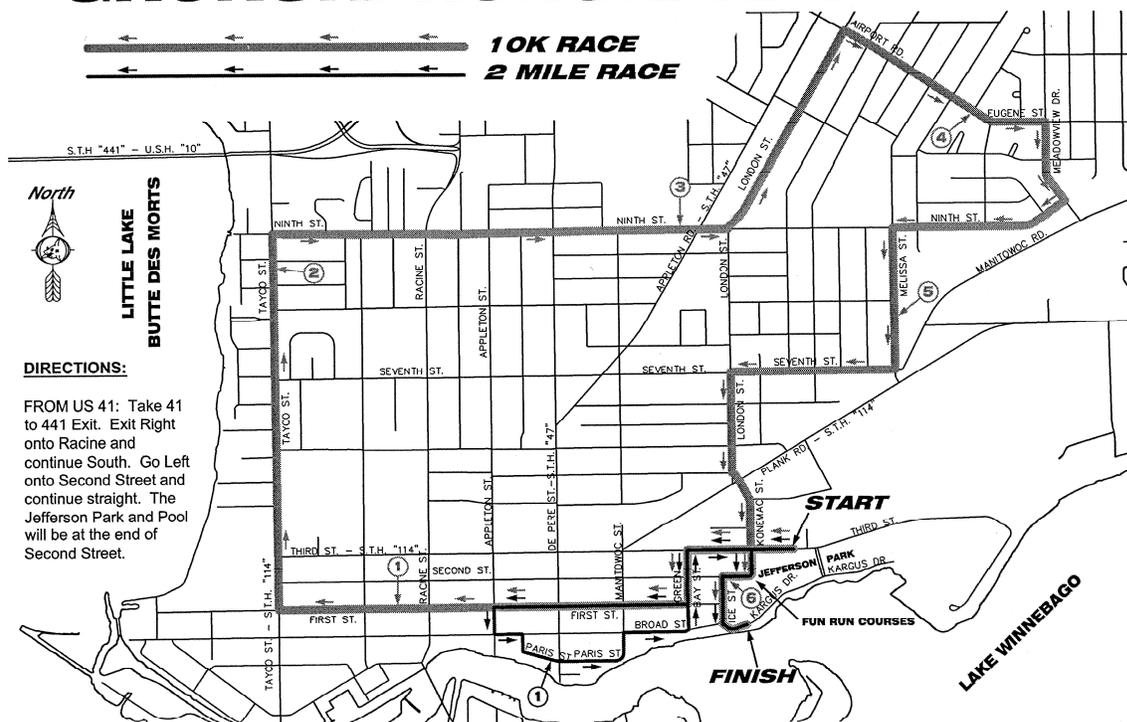


City of Menasha  
 Parks and Recreation Department  
 140 Main Street  
 Menasha, WI 54952-3190

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# GRUNSKI RUNSKI RACE MAP

10K RACE  
 2 MILE RACE



## VISIT MENASHA'S OTHER ATTRACTIONS

Including Friendship Trail Fox Cities Trestle Heckrodt Wetland Reserve and Downtown Area Featuring a Marina, Restaurants and Unique Shops