

MOOSE RUN 2023

Saturday, May 6, 2023

Youth Run 9:00am start

5K/10K 9:30am start

Moose Lake, MN (City Park)



5K event: Walk, run, or push a stroller.

10K event: Run the scenic course (no walkers, please).

Free Youth Run: Designed for kids 10 and under (remember to sign the liability waiver)

Location: All events start and finish in the Moose Lake City Park (300 Birch Ave).

Note: **Dogs not allowed in the City Park nor on the course** (insurance restriction)



The Perks:

- Long sleeve T-shirts provided to participants who register early
- Free Online Registration! <http://www.tempotickets.com/MooseRun2023>
- Chip timing with fast and accurate results!
- Individual results emailed to those who use online registration!
- Free download of **finish line photos** available later the day of the event!
- **Medals** given to top age/gender winners three deep!
- Water stations available on course!

Cost

\$35 in advance (ends 11:59PM April 30th) and \$45 afterwards

If the event is canceled due to severe weather or natural disaster, no refunds will be issued.

Registration

Online registration preferred...and FREE!

A printable, mail-in form can be downloaded from the Moose Lake Chamber of Commerce website.

<http://www.mooselakechamber.com/moose-run.php>

Registration is permitted on race day but please arrive early. (Pre-registration is strongly encouraged)

Send completed registration form, signed waiver, and check made out to "Legacy of Excellence" to:

Legacy of Excellence

312 Elm Avenue

PO Box 298

Moose Lake, Mn 55767

Questions? Contact Megan Nielsen 218-565-0188 or email 6452022@gmail.com