



**Bluff "Run for the Arts" Challenge  
5K and 10K Run/Jog/Walk Race**

A fundraising event to benefit  
our education mission!

**October 03, 2009**  
**Race Start Time: 9:30 AM**  
**Check In Time: \* 7:30—9:00 AM**  
**Race Day Registration Closes: 9:00 AM**

**Entry Fees:**

**Preregistration: \$22.00 w/tee shirt**  
**Day of Race: \$25.00 w/tee shirt**

**\*Check in will be held at the Bluff Country  
Artists Gallery at 111 West Main Street,  
Spring Grove, MN 55974**

**Awards**

**1<sup>st</sup> place trophy for first place overall winner  
of each race for men and women**

**1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place medal for each age group  
for men and women**

**A participation medal will be given to each  
finisher**

**A complimentary bottle of UffDa Water will  
be provided when you pick up your T-Shirt**

**Registration**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 State \_\_\_\_\_ Sex \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Age \_\_\_\_\_  
 Email Address \_\_\_\_\_

Long Sleeve Shirt Size \_\_\_\_\_

**Age Groups**

- 19 & Under \_\_\_\_\_
- 20-29 \_\_\_\_\_
- 30-39 \_\_\_\_\_
- 40-49 \_\_\_\_\_
- 50-59 \_\_\_\_\_
- 60 & Over \_\_\_\_\_

Enter me in the (circle one) 5K or 10K

**Mail in Entry deadline is September 27, 2009**  
**On-Line Entry deadline is October 1, 2009**

**Waiver: I hereby enter the Bluff Country Artists  
Gallery 5K & 10K Bluff "Run for the Arts" Challenge. I  
enter at my own risk and personally assume any/all risk  
and responsibilities for injuries I may have or have re-  
ceived as a direct result or indirect result of my participa-  
tion in this event. I and my heirs further agree not to  
hold responsible the Bluff Country Artists Gallery,  
UffDa Fest organizers, Vacation Sports, the City of  
Spring Grove and it's representatives, Houston County  
and it's representatives, any landowners, and race  
officials or volunteer or any party associated with this  
event.**

Signature \_\_\_\_\_  
 Parent/Guardian  
 Signature if under 18 \_\_\_\_\_

Enclosed is \$\_\_\_\_\_ for the race. Make checks  
payable to "Bluff Country Run for the Arts Challenge"

**Mail your entry to:**

**Bluff Run for the Arts Challenge**  
**C/O Bob Bergsgaard**  
**7492 46th Street North**  
**Oakdale, MN 55128**  
**Email: bbergsgaard@carbonair.com**  
**Phone: 763-923-4873**

The Bluff "Run for the Arts" Challenge is a very challenging hilly course run or walked on about a mile of blacktop streets and the remainder of the course on scenic country gravel roads north of Spring Grove in the heart of Bluff Country in SE Minnesota.

5K participants will board a bus for a short ride and tour of the 10K course to the 5K start line/10K midpoint. Enjoy the beautiful bluff country sightlines on the entire run.

The overwhelming comment among past participants was they could not wait to get back in 2009 in better shape than ever to take on the challenge. "Running the course was awesome" was one memorable comment by a recent participant.

A medal ceremony will take place shortly after the completion of the races. Restrooms will be available at the bus boarding station and 10K Start Line, Finish Line, and in Viking Memorial Park adjacent to the finish line and surrounding facilities.

The race is one of many activities during Spring Grove's 2nd Annual UffDa Fest which has wide variety of activities for you and your family members along with scrumptious food and drink options available.

Many Bed and Breakfast establishments, campgrounds, hotels and motels are available within 20 miles of Spring Grove and would welcome you. Check out the websites for more information.

[www.bluffcountryartistsgallery.org](http://www.bluffcountryartistsgallery.org)  
[www.uffdafest.com](http://www.uffdafest.com)

## Bluff Country Artists Gallery

Bluff Country Artists Gallery is organized to enrich the lives of the community of Spring Grove and surrounding environs by making available quality original art for consumers to view and purchase; to provide a venue for gifted artists of Bluff Country to display and sell their art and to provide education opportunities for persons of all ages.



## Supporting the Gallery

The Bluff Country Artists Gallery is supported by many in the Spring Grove area and surrounding Region. The Gallery board members, volunteer workers, artists, sponsors and gallery members make this experience possible for all. There are many opportunities for involvement with Bluff Country Artists Gallery. For more information on memberships and to volunteer, stop in or contact us at 507-498-ARTS (2787) or email us at [bcagallery@springgrove.coop](mailto:bcagallery@springgrove.coop).

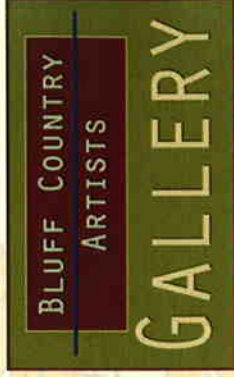
Annual memberships are encouraged and monetary donations are tax-deductible as provided by current tax law.



**Bluff Country Artists Gallery**  
**Run for the Arts**  
111 West Main Street  
Spring Grove, MN 55974



**2<sup>nd</sup> Annual**  
**Bluff "Run for the Arts" Challenge**  
**Saturday October 3<sup>rd</sup>, 2009**  
**5K & 10K Run/Jog/Walk Race**  
Sponsored by



**111 West Main Street**  
**Spring Grove, MN 55974**  
**507-498-2787 (ARTS)**

Join us for the 2nd Annual Bluff "Run for the Arts" Challenge. The run/jog/walk race will be run on very challenging, hilly and scenic country gravel roads and through the streets of beautiful Spring Grove, MN located in the heart of Bluff Country in Southeast Minnesota one hour from Rochester, 30 minutes from LaCrosse and 20 minutes from Decorah.

The "Run for the Arts" is one of the founding headline events held during the 2nd annual UffDa Fest. We would be very grateful if you and your family would join us in Spring Grove on a beautiful fall weekend in the heart of Bluff Country.