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Sundown Rundown 5K walk/run planned

Summary: Cross-country team and Cougar alumni organize Sundown Rundown 5K walk/run

(October 18, 2006)-Cougar runners can't stop running. They train all summer, race in the fall and race during the indoor and outdoor track seasons. And it doesn't stop there. Many become lifelong runners, competing in 5Ks, half-marathons and full marathons.

To foster a love of running and provide an opportunity for alumni to reconnect, Cougar and alumni runners are holding a 5K race of their own, assisted by Jeremy Karger-Gatzow, cross-country coach. The alumni race is the brainchild of former Cougar Janine Diedrich Ikhaml '99. Former teammates Kari Jacobson Hedin '00 and Becky White '99 assisted in organizing the race.

The Sundown Rundown Alumni Race, a 5K run/walk, will be held at 9 a.m. on Oct. 21, 2006. Current and former UMM students and friends are welcome. Entrants can register on site the race day. Meet at the starting line on Second Street near the P.E. Center to check in and receive a race number. The course winds through the outskirts of campus and Pomme de Terre Park before looping back to the start/finish line. First place prizes will be given to the first male and female finisher. The fee for the race is \$10.

Alumni are encouraged to attend and enjoy the beautiful fall weather and the company of current and former runners!

For more information:

Jeremy Karger-Gatzow at 320-589-6426 or e-mail him at jkarger@morris.umn.edu.

Kari Jacobson Hedin at 218-349-9486 or e-mail her at jacobska23@hotmail.com.

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