



31st ANNUAL ANOKA HALLOWEEN GRAY GHOST 5K RUN ONE MILE FITNESS WALK



Anoka Business and Landowners Association

Saturday, October 29th, 2016 12:50 pm, Anoka Minnesota

WHEN:

Saturday, October 29th, 12:50 p.m.
Registration begins at 10:00 a.m. **COME EARLY**, because traffic will be re-routed into the city at 12:15 p.m. for the Grande Day Parade. **COME EARLY!** Registration ends at 12:30!

WHERE:

Registration will be at Franklin Elementary School at 215 West Main Street. The start is at West Main and NW of Western Street. (See map on back for locations.) To get to Anoka, take Hwy. 169 north from 694; or Hwy. 242 west from Hwy. 65.

ENTRY FEE:

\$25 (\$30 after October 27th, including race day registration). Make checks payable to ABLA and mail, along with your registration form to: Anoka Area Chamber, 12 Bridge Square, Anoka, MN 55303. Do Not mail after Tuesday October 25th. You can also register online through Thursday, October 27th at: anokahalloween.com. Make sure you receive a confirmation email for online registration.

Net proceeds are used for various community projects/events. No credit cards accepted day of the race.

COURSE:

Chip timed USATF certified 5K, mostly flat. The first mile is on the Grande Day Parade route.

Bags for clothing are provided and will be transported to the finish at owner's risk.

For safety, headphones should not be worn during race, and animals are not allowed on race course.

AWARDS:

- Long-sleeved moisture wicking technical shirts to all registered finishers.
- \$25 for first place winners who break 5K course records in all male/female age categories. (Current records are listed on the back.)
- Awards and Trophies: 5K race (3.1 Miles). Trophy to 1st place overall man and woman. Awards to 1st, 2nd, and 3rd place in each of nine divisions for men and women (12 and under, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+). (No awards or

trophies in the One Mile Fitness Walk).

- Free apples, cider, and water at the finish.
- Results will be posted at: www.gopherstateevents.com

SPECIAL COSTUME AWARDS:

Don your best Halloween costume and join the fun! Medals are awarded to the top 5 judged individual finishers, top 5 judged 2 to 3 person teams and top 5 judged group participants who complete either event in costume. To qualify for group awards, the group must participate as a unit throughout the event entered. If you want to be in the costume contest, judging will be held in the gym at Franklin School during registration. Costume judging ends at 12:40 p.m. Costume awards will be given out at the finish line area.

RACE SPONSORS: Anoka Business & Landowners Association, Wells Fargo Bank Anoka and North Suburban Striders.

RACE DIRECTORS:

Pete Turok - (763) 421-7130
Karen Hillerman - (612) 558-7433.

Checks payable to ABLA. Mail completed form to: Anoka Area Chamber, 12 Bridge Square, Anoka, MN 55303. (Do not mail entries after Tuesday, 10/25)

First Name	Last Name	Age	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> M <input type="checkbox"/> F
Address (Include Apartment Number if necessary.)		Birth: Month	Day
<input type="text"/>		<input type="text"/>	<input type="text"/>
City	State	Zip Code	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code + Phone Number	Email Address		
<input type="text"/>	<input type="text"/>		

Anoka Halloween Registration Form

WAIVER ON RACE APPLICATION: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release ABLA, Wells Fargo, the North Suburban Striders, the City of Anoka, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____ (Parent or Guardian must sign if under 18 years).



PRSR STD
 U.S POSTAGE PAID
 TWIN CITIES, MN
 PERMIT #4190

5K COURSE RECORDS

17 and under

Male: Dan Lindberg, 16:12
 Female: Molly Kayfes, 18:52

18-29

Male: Zachary Schendel, 14:38
 Female: Kritin Nicolini, 17:12

30-39

Male: Chris Lundstrom, 14:43
 Female: Susan Schneider, 17:03

40-49

Male: Digger Carlson, 15:51
 Female: Brett Schulze, 17:23

50-59

Male: Perry Bach, 16:28
 Female: Suzanne Ray, 19:21

60-69

Male: Rick Kleyman, 18:18
 Female: Judy Cronen, 22:35

70-79

Male: Lloyd Young, 20:50
 Female: Sandra Dalquist, 26:48

80 +

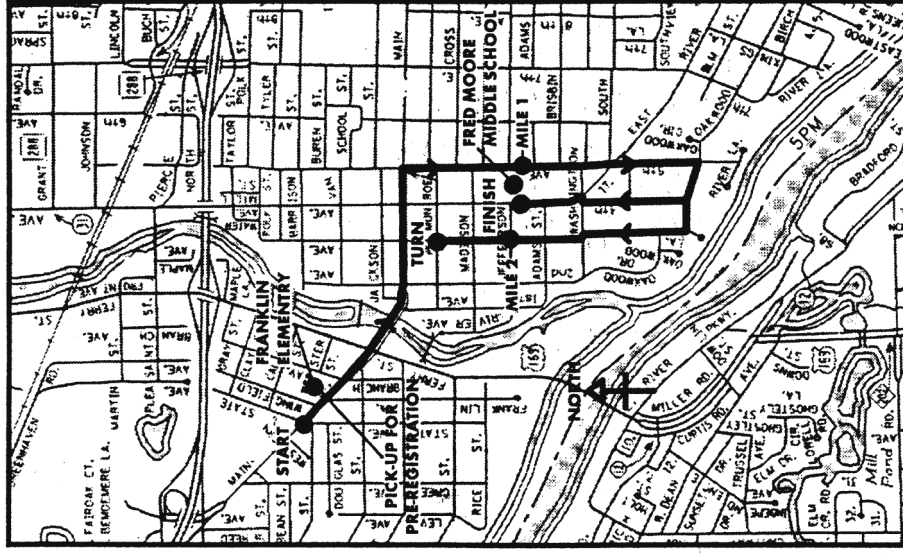
Male: Lloyd Young, 23:15
 Female: Ellen McCoy, 31:43

W h e e l e r s

Male: Pol Van Winkle, 14:26
 Female: Kathy Hamers, 19:10

Legend of the Gray Ghost

Dr. William Andberg was known as "The Gray Ghost." A reporter gave him the name in 1971 after two women spotted him running through an Anoka cemetery in his gray sweatshirt. He ran there to stay away from annoying dogs, but the women called the police. Andberg said, "They thought I was an escapee from the state hospital and told the police, "There's a man running in his underwear in the cemetery." "That's Doc Andberg," the police said." Today the Gray Ghost 5K race, together with the one-mile walk, are named in honor of him. Each year, approximately 1,500-2,000 runners compete in the Gray Ghost Race, run down Anoka's Main Street before the Grand Day Parade. He served as the honorary starter for many years.



31st ANNUAL ANOKA HALLOWEEN GRAY GHOST 5K RUN & ONE MILE FITNESS WALK



Anoka Business and Landowners Association

Anoka Area Chamber of Commerce
 12 Bridge Square
 Anoka, MN 55303

