



**Friday, November 7, 2025**

Start Time: 6:05 p.m.

**5K (3.1 mile) Run/Walk/Roll  
1 Mile Run/Walk/Roll**

Lake Park Lodge, Winona, MN

Wheelchair entries start 5 minutes prior to the runners/walkers 5k and 1 mile event



♦ Register with the QR code, mail, or email this form to: [sschneider@winonaorc.org](mailto:sschneider@winonaorc.org)

♦ Groups must register using paper form.

### **Proceeds support: Winona ORC Programs & Services**

- ♦ Participants that register by October 17th receive a T-shirt.
- ♦ Refreshments after the event at the American Legion
- ♦ Early packet pickup: Thursday, November 6th.
- ♦ Race day registration and packet pickup: 4:30pm at Lake Park Lodge – foot of Main St. and Lake St. Winona, MN
- ♦ Course: East Lake Winona, out and back, flat and fast
- ♦ 5K Awards: Top male & female racer, Top 14 year olds & under
- ♦ No awards for 1 Mile distance

#### **Entry Costs**

##### **5K Registration:**

\$25 per person by October 17th to guarantee a T-shirt on race day  
\$20 per person for groups of five or more—register with this form— NOT QR code  
\$30 per person race day or after October 17th (not guaranteed a T-shirt)

##### **Mile registration:**

\$20 per person by Oct. 17th to guarantee a T-shirt on race day  
\$25 per person race day or after October 17th (not guaranteed a T-shirt)  
Children 12 and under may race with a parent for free—no T-shirt

Registration Form Check one:

☐ 5K ☐ 1 Mile ☐ Competitive ☐ Walking ☐ Youth no shirt

Male \_\_\_\_\_ Female \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Age on day of race: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Group Name (min 5 people): \_\_\_\_\_

**Groups may only register via this form— not QR Code**

Adult T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ None

With my signature signed below, I acknowledge my understanding that participating in the Winona ORC Starlight Stroll 5k and 1 Mile event, involves a strenuous activity which I am physically capable of undertaking and I represent that I have received no restrictions on such activity from any physician. I further understand that my participation in the Run/Walk/Roll involves inherent risks of personal injury and loss of property.

I hereby absolve myself, my heirs, executors and administrators, forever, any and all rights and claims or damages I may accrue against Winona ORC Industries and its employees, the City of Winona and its employees, volunteers and any other advertised sponsor as well as individuals having connection to this event for any and all illness or injuries, accidents, property losses or hazardous health conditions suffered by me while participating in the race on Friday, November 7, 2025.

I also grant to the Released Parties the right and permission to copyright and/or publish, reproduce or otherwise use my name, voice and likeness and/or written material, photographs, motion pictures and audio-visual, magnetic recording about me as a result of or in connection with my participation in the Starlight Stroll 5k/1 Mile Road Race. I agree to relinquish all rights, title and interest I may have in the finished product or the advertising copy that may be used in connection there with and waive all rights to payment or compensation therefore.

Signature: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_

Email address: \_\_\_\_\_

Mail to: Winona ORC  
Attn: Starlight Stroll  
1053 East Mark Street  
Winona, MN 55987

Make checks payable to:  
**Winona ORC**  
MEMO: **Starlight Stroll**

Enclosed: \_\_\_\_\_

For additional information, please contact  
Shella Schneider at [sschneider@winonaorc.org](mailto:sschneider@winonaorc.org)