

TEAM ANDY 5K Run/Walk

“Strides Against Suicide”
Saturday, July 25, 2026 - 8:30 AM
Held in Conjunction with Glad Days



Registration/Race Bib pick-up starts at 7:30 AM

Race Location: Playhouse Street @ Robert Fritz Memorial Field, Cologne, MN 55322.

Registration Fee: **\$30.00 per runner / walker** (kids in strollers/wagons are free). \$40 per runner / walker day of race.

Registration Process: Complete registration form below and mail to address listed.

Registrations will also be accepted online at: [TEAM ANDY 5K](http://TEAMANDY5K) (also accessible at colognegladdays.com)

Registration is also available race day but give away items are not guaranteed. Pre-registration ends Friday, June 26th, after this day, registrations will be accepted onsite the day of the race.

What You Get: Each registration will receive the following: 1 T-Shirt, Custom Smiley Face FitSok Socks, Smiley Face Button, race day water and snacks. T-shirt is not guaranteed to day of race registrants. Race will be clock timed but no official time will be registered. Times are unofficial.

Proceeds benefit mental health work in our communities

Make Checks to: Team Andy c/o Cologne Glad Days

Mail to: Team Andy 5K c/o Cologne Glad Days, PO Box 162, Cologne, MN 55322

Contact: John Hendel - 952.380.8064 - jhendel405@gmail.com

-----detach here -----

TEAM ANDY 5K RUN/WALK RACE ENTRY FORM PLEASE PRINT LEGIBLY

Mail Form with payment to: Team Andy 5K c/o Cologne Glad Days, PO Box 162, Cologne, MN 55322

Name _____ Sex ____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (circle one) __YS __YM __YL __XS __S __M __L __XL __XXL __NONE

Waiver (MUST BE SIGNED) In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____

Parent or Guardian Signature if under 18 _____

No refunds will be issued for any reason