

**Record Holders  
By Age Group**

**15 and under Age Group:**

Female: Taylor Rather, Fairmont  
26:05 in 2006  
Male: Mark Strom, Jackson  
24.:09 in 2009

**16-18 Age Group:**

Female: Kylie Dekkers, Fairmont  
28:43 in 2010  
Male: Tanner Bulock, Fairmont  
22:53 in 2006

**19-29 Age Group:**

Female: Ashley Hertling, New Ulm  
25:54 in 2009  
Male: Jeff Stuckenbroker, Windom  
24:26 in 2011

**30-39 Age Group**

Female: Kris Cross, St. James  
28:22 in 2006  
Male: Brad Mueller, Bloomington  
26:57 in 2011

**40-49 Age Group**

Female: Stannetta Svobodia, Fairmont  
28:07 in 2010  
Male: Joel Dudgeon, Wabasso  
22:41 in 2008

**50-59 Age Group**

Female: Jane Kuhlman, St. James  
34:27 in 2008  
Male: Joe Maas  
25:45 in 2008

**60 & Over Age Group**

Female: Carol Paulson, St. James  
1:08:54 in 2009  
Male: Craig Mueller, St. James  
26:05 in 2015



**ST. JAMES AREA  
CHAMBER OF COMMERCE**

**HOSTS THE:  
12TH ANNUAL**

**FREEZE  
YOUR  
CABOOSE  
OFF!**

**4 Mile Run and Walk  
Around St. James Lake  
Sunday, February 11, 2018  
Hickory Inn, St. James  
Registration: 12:30 pm  
Walk: 1:45 pm  
Run: 2:00 pm**



[www.discoverstjamesmn.com](http://www.discoverstjamesmn.com)

# 12th Annual Freeze Your Caboose Off 4 mile Run and Walk Around St. James Lake Sunday, February 11, 2018

Hickory Inn 1000 County Road 104 St. James  
Registration: 12:30 pm  
Walk 1:45 pm  
Run 2:00 pm

### Registration fee includes:

Long Sleeve shirt, Bottled Water,  
Soup and Crackers following the race

**Pre Registration no later than February 1st for \$ 22.00**

**Registration the day of the Race \$ 26.00**

### Race age groups:

Under 15	16-18	19-29		
30-39	40-49	50-59	60-69	70 and over

All walkers and runners are eligible for awards.

### For more information please contact:

St. James Chamber of Commerce: 888-859-0813 or 507-375-3333

E-mail: stjmnchamber@gmail.com

*Please remove this portion and return it with your payment no later than February 1, 2018 for preregistration pricing. Please print clearly.*

Name: \_\_\_\_\_ Gender: Male  Female

Address: \_\_\_\_\_ Age \_\_\_\_\_ Event: Run  Walk

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

Phone: \_\_\_\_\_ email: \_\_\_\_\_

Shirt Size: Youth M \_\_\_ L \_\_\_ Adult: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ Other \_\_\_\_\_

Please enclose the \$ 22.00 for pre-registration fees, along with this form no later than February 1st to guarantee your t-shirt order Registration. Fee's after February 1st are \$ 26.00. Please make checks payable to the St. James Chamber of Commerce. Return form and payment to: St. James Chamber of Commerce 516 1st Ave. S. St. James, MN 56081.

The undersigned participant enters this race at his/her own risk. He/She will not hold the race director or any of the workers at the Race, Race Sponsors, Hickory Inn, City of St. James, St. James Chamber of Commerce, Watonwan County or the State of Minnesota responsible for any injury or accident which occur during this event.

\_\_\_\_\_  
Participant Signature  
\_\_\_\_\_  
Parent/Guardian Signature (if participant is under 18)