

How do I get to the Milk Run?

The start and finish lines are in the southeast corner of the fairgrounds, near the International Bazaar.

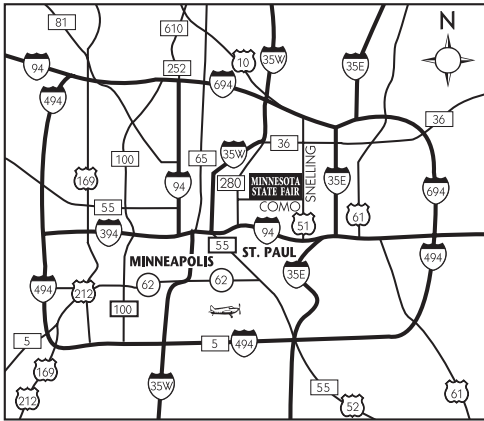
All participants must enter the fairgrounds through Gate 9 on Como Avenue and make their way east on Judson Avenue to the start line. Gate 9 will open at 8 a.m. for runners and spectators. You will need your Kickoff to Summer admission ticket to get to the start line.

From the north: Take 35W south. Merge onto Hwy 36 East via Exit 23B on the left. Exit onto Snelling Avenue South.

From the south: Take 35W north to I-94 East. Exit on Snelling Ave., then turn left and head north. Or take 35E north to I-94 West. Exit on Snelling Ave., then turn right and head north.

From the east: Take I-94 west to Snelling Ave., then turn right and head north.

From the west: Take I-94 east to Snelling Ave., then turn left and head north.



Parking

Park for free beginning at 7 a.m. in the State Fair lots south of Como Avenue and across from Gate 9 on the south side of the fairgrounds.

Attention Bicycle Riders

A bicycle rack will be available at Gate 9 for those riding a bicycle to the event.

MILK 2024 RUN

Saturday, May 25 | 9 a.m.

Everyone's
Favorite
5K in May!



MINNESOTA STATE FAIR

1265 Snelling Ave. N.
St. Paul, MN 55108

Milk Run Information:
651-288-4398

General Information:
651-288-4400

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TCRunning



KICKOFF TO
SUMMER
AT THE
FAIR

MAY
23-26
2024

MINNESOTA STATE FAIR

Official 2024 Milk Run Entry Form

One entrant per form, please. Photocopy as needed.

Knowingly, I am entering the above race, and hereby waive any claim(s) that I have against the Minnesota State Fair, its agents and employees, the race director, and the race sponsors for any injuries that I may sustain as a result of my participation in this race.

I understand that the race will be run regardless of weather conditions, and I will take adequate precautions dictated by the weather.

Race numbers are non-transferable.

Signed: _____
Participant signature required. (If under 18, parent or guardian must sign.)

Name: _____ Sex: _____ Age on race day: _____

Address: _____

City: _____ State & Zip: _____

Phone Number: _____ Date of Birth: _____

Email address: _____

Milk Run 2024

Time

9:00 a.m., Saturday, May 25, 2024

Course

The 5K certified course begins near the International Bazaar, winds through the 322-acre historic fairgrounds and finishes back at the start. The entire race is contained within the fairgrounds.

Time Limit

Due to vendor set-up and attendee arrival and parking for the Kickoff to Summer event, the race route can only be kept open for a maximum of 1 hour after the 9 a.m. start. All competitors should complete the course in 60 minutes or less.

Age Categories for 2024

19 & Under • 20-24 • 25-29 • 30-34 • 35-39 • 40-44
• 45-49 • 50-54 • 55-59 • 60-64 • 65-69 • 70-74
• 75 & Over

Awards

Awards go to the top three men and top three women in each age category. Champion awards will be presented to the top five men and top five women overall.

Participants Receive

A Milk Run T-shirt; admission ticket to the 2024 Kickoff to Summer event for Saturday, May 25; a breakfast sandwich; a Giant Slide coupon (valid during the 2024 Kickoff to Summer); a chance for door prizes; admission ticket to the 2024 Minnesota State Fair; and a malt coupon (valid during the 2024 State Fair).

Please note...

Due to safety and liability concerns, strollers and wagons are not allowed in the Milk Run.

Results

Results will be posted online at: mnstatefair.org

Registration

Registration is limited to the first 2,000 entrants. You may register either online or by mail. Deadline for entry is Tuesday, March 26 or when the race reaches capacity, whichever comes first. Race number, instructions, maps and tickets will be mailed to all runners in April. Race numbers are non-transferable.



ACT NOW!
Registration is limited to 2,000
and fills very quickly!

Online Registration

Participants can register online at: mnstatefair.org
Absolutely no race-day registrations will be accepted.

OR

Register by mail

Clip and mail your signed registration form & check for \$45 (per runner) payable to "Minnesota State Fair" to:

MILK RUN
Minnesota State Fair
1265 Shelling Ave. N.
St. Paul, MN 55108

Milk Run fee is non-refundable. Your canceled check will be your confirmation of entry. Any check returned due to insufficient funds will be charged a \$30 fee.

Questions? Call us!

Milk Run Information 651-288-4398
General Information 651-288-4400

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