

# 34th RUNNING OF THE ST. PAUL STRASSENLAUF

## Home of the KIRCHENFEST

*Where the fun is "in-tents"*



**NEW THIS YEAR... 10K RUN**

**Register Early for a Chance to Win a**

**GOPRO HERO CAMERA**

**Sponsored by**

**Knights of Columbus Council 1580**

MEDALLIONS MUST BE ACCEPTED DAY OF AWARDS CEREMONY

**2K Run**

**Awards Division**

**2K**

6 and under

7 - 9

10 - 12

13 - 14

15 - 16

17 - 19

20 - 34

35 and over

**5K/10K Run**

**Awards Division**

9 and under (5K only)

10-14

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70 and over

Wheelchair

- DATE:** Saturday August 27, 2016
- LOCATION:** Start & Finish at St. Paul Catholic Church Grounds, Ninth & Lemon Sts., Highland, IL
- STARTING TIME:** 5K & 10 K starts at 7:30 a.m. • 2 K Starts at 9:00 a.m. (Must be 10 yrs old to register for 10 K)
- COURSE:** 10K starts with the 5K course, at 1 mile the 10K splits off and heads out to country roads with a couple good hills and finishes on the 5K course for the last mile. Total of 4 water stops on the 10K course. 5K loops through paved, tree-lined residential streets - slightly hilly. Markers at every mile. Splits at 1 and 2 miles. 2 water stops - course marshals at all intersections.
- SHIRTS:** Moisture Wicking Performance shirts are available to the first 500 entrants
- ENTRY FEES:** \$25 for entries submitted for 2K race prior to August 14th. Late entries for 2K are \$30. NO REFUNDS. \$25 for entries submitted for 5K race prior to August 14th. Late entries for 5K are \$30. NO REFUNDS. \$25 for entries submitted for 10K race prior to August 14th. Late entries to 10K are \$30. NO REFUNDS. **Early Packet Pick-up Friday 5:00 p.m. - 8:00 p.m.** Day of Race Packet pick-up begins at 6:00.
- AWARDS:** 10K, 5K & 2K - Trophies to First Overall Male & Female finishers. Custom-cast medallions given to top age group finishers, 10K, 5K & 2K. Awards ceremony at 9:30 a.m. in South Tent.
- REFRESHMENTS:** Post-race refreshments will be available. Bavarian Skillet Breakfast available for purchase on Church Grounds from 7:30 - 10:00 a.m. Please stay & join the festivities.

**Competitive Entries Cut Off 30 Minutes Before the Race**

### ENTRY FORM - PLEASE PRINT - PLEASE COMPLETE CAREFULLY FOR ACCURACY

Entry form available on-line at [www.kirchenfest.com](http://www.kirchenfest.com)

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
(First) (Middle I) (Last)

ADDRESS \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ MALE  FEMALE

Race Entered (ONE Only):  10K Run/Walk  10K Wheelchair  5K Run/Walk  5K Wheelchair  2K Run/Walk

Shirt Size: Adult:  S  M  L  XL  XXL Child:  M

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically sound 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 St. Paul Church, City of Highland, Knights of Columbus Council 1580, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. WEARING HEADPHONES IS STRONGLY DISCOURAGED FOR SAFETY. RACERS WITH DOGS ON A LEASH AND RUNNERS WITH STROLLERS MUST START AFTER ALL OTHER RACERS.

E-MAIL ADDRESS: \_\_\_\_\_

FOR PRIVACY POLICY SEE [WWW.KIRCHENFEST.COM](http://WWW.KIRCHENFEST.COM)

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent's signature If Under 18 Years of Age)

For further information contact:

Sharon Schmitz 618-792-4577 OR Sarah Wiegman 618-651-0047

OR visit our website [www.kirchenfest.com](http://www.kirchenfest.com)

OR register online at [Fleet Feet Sports - fleetfeetstlouis.com/calendars/races](http://Fleet Feet Sports - fleetfeetstlouis.com/calendars/races)

MAKE CHECKS PAYABLE TO: Kirchenfest Strassenlauf

Mail to: c/o Dan Koerkenmeier, 2 Meadowlark Ct., Highland, IL 62249