

40TH RUNNING OF THE ST. PAUL STRASSENLAUF

Home of the KIRCHENFEST

Where the fun is "in-tents"

Sponsored by Knights of Columbus Council 1580
MEDALLIONS MUST BE ACCEPTED DAY OF AWARDS CEREMONY



SCAN ME FOR MORE INFORMATION
stpaulkirchenfest.com
FULL SCHEDULE, PLACES TO STAY,
QUESTIONS, FESTIVAL MAP & MORE!

**10K RACE
15 MINUTE
MILE PACE
REQUIRED**

2K RUN

12 and under
13 and over

5K RUN

9 and under
10 - 14
15 - 19
20 - 24
25 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60 - 64
65 - 69

70 and over
Wheelchair

10K RUN

10 - 14
15 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 - 69
70 and over

DATE: Saturday August 26, 2023

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: To see details on course description please go online to:
<https://raceroster.com/events/2023/72675/st-paul-strassenlauf>

SHIRTS: T-shirts are available to those Entrants signed up by August 11, 2023.

ENTRY FEES: \$25 for entries submitted for all races prior to August 11th. Late entries are \$30. NO REFUNDS. Debit/credit card preferred payment. **Early Packet Pick-up Friday, Aug. 25, 5:00 p.m. - 8:00 p.m.** Day of Race Packet pick-up begins at 6:00 a.m. Make checks payable to "St. Paul Strassenlauf".

AWARDS: Top 3 overall male and female receive plaques for all races (2K, 5K, 10K). 2K - all participants 12 and under receive medals. Masters overall male and female receive plaques (5K, 10K). Custom-cast medallions given to the top three age group finishers (5K, 10K). 5K awards ceremony begins at 8:45 in the South tent followed by 10K and top 2K finishers.

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.

Register online at <https://raceroster.com/events/2023/72675/st-paul-strassenlauf>

ENTRY FORM - PLEASE PRINT - PLEASE COMPLETE CAREFULLY FOR ACCURACY

Entry form available on-line at 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 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

SIGNATURE: _____ DATE: _____

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

For further information contact:

BRIAN FRIEDERICH (618) 581-3192

OR visit our website www.kirchenfest.com

OR register online at <https://raceroster.com/events/2023/72675/st-paul-strassenlauf>

MAKE CHECKS PAYABLE TO: St. Paul Strassenlauf

Mail to: St Paul Strassenlauf, 1411 Main St, Highland, IL 62249