

# 43RD 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 LINK TO  
ONLINE REGISTRATION & MORE!



### 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 22, 2026  
**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: stpaulkirchenfest.com

**SHIRTS:** T-shirts are available to those Entrants signed up by August 7, 2026.  
**ENTRY FEES:** \$25 for entries submitted through August 7; Entries August 8 and after are \$30. NO REFUNDS. Debit/credit card preferred payment. **Early Packet Pick-up Friday, Aug. 21, 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 stpaulkirchenfest.com*

## 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 (15 min per mile pace required)  5K Run/Walk  5K Wheelchair  2K Run/Walk  
Shirt Size: Adult:  S  M  L  XL  XXL Youth:  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:

BRIAN FRIEDERICH (618) 581-3192

*OR register online at stpaulkirchenfest.com*

**MAKE CHECKS PAYABLE TO:** St. Paul Strassenlauf

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