

**Registration:** Pre-register by July 24 for discount rate. Race day registration from 7-8 AM.

**Location:**  
Pillsbury Park in Kerkhoven.

**Cost:**  
Walkers — \$14 (anytime)  
Early Registration by July 19 — \$14  
After July 19 — \$19  
Proceeds go to the Pillsbury Pool  
(only pre-registrants are guaranteed a t-shirt)

**Race Day Schedule:**  
7AM– race day registration begins;  
8AM, start of 10K; 8:10, start of 5K;  
Awards ceremony after races.

**Course Description:**  
These 5K and 10K courses have paved streets, highway, gravel roads, and some grass. Water stops are about every 1.5 miles.

**Awards and Age groupings:**  
Awards for the top male and female finishers. Medals awarded to the top three finishers in each age division, both men's and women's — 10 and under, 11-14, 15-20, 21-29, 30-39, 40-49, 50-59, 60+

Please return the registration slip with a check to:  
Micah Driscoll  
(The Pillsbury Push)  
PO Box 551  
Kerkhoven, MN 56252

For more information  
Micah Driscoll  
(320) 424-1827  
[micahdriscoll@gmail.com](mailto:micahdriscoll@gmail.com)

For information about, and other races in the series, visit  
[www.pickleevents.com](http://www.pickleevents.com).

## Only the 10K Race is part of the Glacial Lakes Championship Running Series



## ENTRY FORM

(OFFICIAL USE ONLY)

RACE: \_\_\_\_\_ BIB # \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ (as of race day) Sex: M F

Shirt size :(circle one) S M L XL XXL

Event: \_\_5K walk \_\_5K run \_\_10K run

**Please Sign. Waiver:** In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators do hereby release all sponsors of this race, their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signature following

**X** \_\_\_\_\_

All participants must sign on the line above. If you are under 18 please have your parent or guardian sign.