

*The Pillsbury
Push*

*5K run/walk
& 10K run*



July 28th, 2012

Kerkhoven is just west of Willmar on Highway 12 about 15 miles. After the run, there will be children's games and a children's tractor pull, a flea market, firemen's feed, kiddie rides, swimming and a parade, all part of the annual Kerkhoven Town and Country Days. Please feel free to stay and enjoy the day!

Sponsored by:

**Don's Building Center,
Financial Security Bank,
Quality Family Foods,
And,
The Kerkhoven BANNER,
Schutts' Hardware Hank,
Stranberg Insurance**

The Pillsbury Push
PO Box 551
Kerkhoven, MN 56252

Registration:

Pre-register ends July 22nd.
Race day registration from 7-8 AM.

Location:

Pillsbury Park in Kerkhoven.

Cost:

5Walkers — \$15
Early Registration by July 22 — \$15
Day of — \$20
Proceeds from this race go towards the Pillsbury Swimming Pool and the Benson/KMS cross country team (All pre-registrants are guaranteed a t-shirt)

Race Day Schedule:

7AM– race day registration begins;
8AM, start of race;
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, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

Please return the registration slip with a check to:

The Pillsbury Push
PO Box 551
Kerkhoven, MN 56252

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

For information about, and other races in the series, visit www.pickleevents.com.

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



Please remove this portion and mail with payment to the address listed.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone:(____) _____

Email: _____

Age: _____ (as of race day) Sex: M F

Shirt size:(circle one) S M L XL

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.

Payment _____ Bib # _____