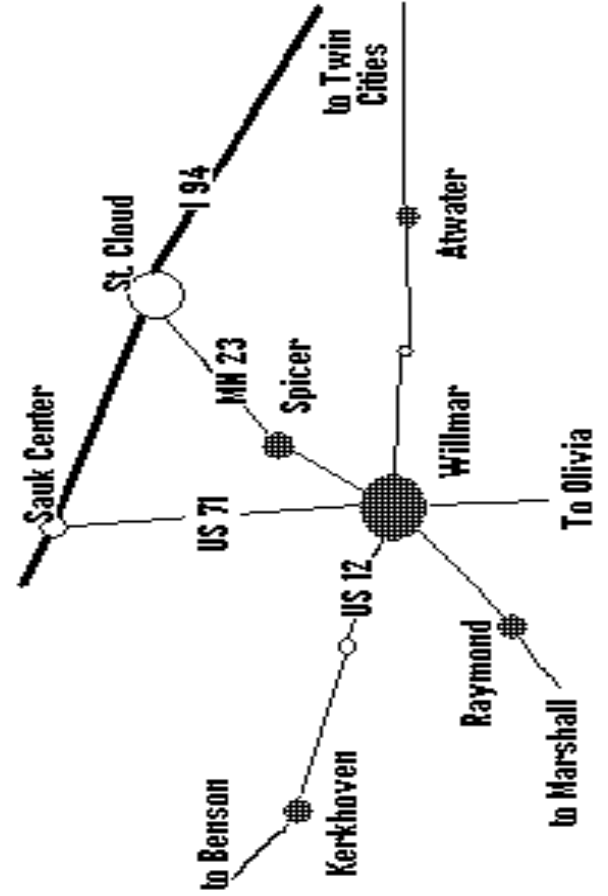


The Pillsbury Push
PO BOX 551
Kerkhoven, MN 56252

*The Pillsbury
Push*
5K run/walk
*10K run**
Saturday July 30,
2011



*** Only the 10K is part of the
GLCRS**



Registration: Pre-register by July 21st for discount rate. Race day registration from 7-8 AM.

Location:
Pillsbury Park in Kerkhoven.

Cost:
Walkers — \$14
Early Registration by July 21 — \$14
Day of — \$19
Proceeds from this race go towards the Pillsbury Swimming Pool (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

Register ONLINE at
www.zapevents.com
search for
“The Pillsbury Push”

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



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.