



## 5th Annual Karen 4 A Kause

**Date:** Saturday, May 8, 2010

**Start Time:** 9:30 AM 5K (3.1 Mile) Run  
 9:40 AM 1 Mile Walk  
 10:45 AM Children's Mad Dash for Cancer (FREE)  
 (All participants must be registered.)

**Location:** Frontier Park (1st Capital Dr. & Riverside)  
 St. Charles, MO

**Cost For** Early Registration \$18.00 if postmarked by April 22, 2010.

**5K Fun** After April 23, or Race Day Registration \$25.00

**Run/Walk:** Karing from the Kouch (Stay at Home Donation) \$30.00\*  
 \*T-Shirt & Car Magnet will be mailed to you AFTER the race

**Packet** Coldwell Banker Gundaker Office, 2101 Bluestone Dr, St. Charles

**Pick-Up:** Friday May 7th 9:00 AM - 7:00 PM  
 Race Day -- 8:00 AM - 9:15 AM near Starting Line

**Shirts:** All 5K & 1 Mile Participants will receive a T-Shirt.  
 To ensure requested size,  
 registration entry form must be postmarked no later than  
 April 22, 2010.  
 Children's Mad Dash Shirt available for \$5.00

**Awards:** Plaques to top 5 Male and top 5 female finishers of 5K Run.

**Attendance** Over \$1,000 in attendance prizes available.

**Prizes:** All 5K & 1 Mile participants are entered in drawing to win.

**Voluntary** All Pledge Forms and Money to be turned in at Packet Pick-Up.

**Pledges:** (Pledges beyond registration fees are not required to participate)

**Charity** Karen Weidinger Foundation a 501(c)(3) Charity

**Info:** St. Charles County's Breast Cancer Foundation  
 www.karensfoundation.org  
 Phone: (636) 947-5009

### Registration Online:

www.active.com

An Online Registration fee  
 will apply.

### Registration by Mail:

Complete Form and mail  
 to:

**KWF**

**2025 Zumbahl Rd # 47  
 St. Charles, MO 63303**

Check to be payable to:  
 Karen Weidinger Foundation

Confirmation of Registra-  
 tion will be sent by email  
 only

### Race Day Registration:

8:00 - 9:15 am  
 Near Starting Line  
 Cash or Check only

### 2010 Karen 4 A Kause 5K Run/Walk - Official Registration Form

Please Print. All mailed entries must be postmarked by April 22, 2010 to qualify for early registration

**Name:** \_\_\_\_\_ / / \_\_\_\_\_ **Male or Female**

**Address:** \_\_\_\_\_ M.I. \_\_\_\_\_ / / \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Name** \_\_\_\_\_ **Phone #** \_\_\_\_\_ **Relationship** \_\_\_\_\_

Please do not put me on the Karen Weidinger Foundation (KWF) mailing list

Karing from the Kouch donation \$30 (T-Shirt & Magnet will be mailed to you AFTER the race)

Children's Mad Dash (free entry)  Children's Mad Dash T-Shirt \$5.00 (optional)(choose youth size below)

5K Run/Walk  1 Mile Walk

Cancer Survivor  I would like to be recognized

**Preferred Shirt Size (circle one)-- Youth: S M Adult: S M L XL XXL**

Waiver of Liability: In consideration of the foregoing, I, for myself, my executors, administrators, and assigns, do hereby release and discharge the Karen Weidinger Foundation (KWF) and all sponsors and representatives from all damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of participation in said run. I certify that I have run this distance or longer in practice regularly in weeks prior to the event. Registration fee is non-refundable.

All entries must be dated and signed. X \_\_\_\_\_ **Date:** \_\_\_\_\_  
 Entrant's Signature (or parent/guardian if under 18)

KWF (Karen Weideinger Foundation)  
2025 Zumbel Rd #47  
St. Charles, MO 63303

*Karen  
Weideinger  
Foundation*

www.karenfoundation.org



5th Annual

## Karen 4 A Kause

5K (3.1 Mile) Fun Run/1 Mile Walk  
and Children's Mad Dash

Saturday May 8, 2010

**Frontier Park**  
(1st Capitol Dr. & Riverside)  
St. Charles

*Empowering St. Charles and  
neighboring communities by  
providing knowledge and support to  
win the fight against breast cancer.*



ST. JOSEPH HOSPITAL WEST  
ST. JOSEPH HEALTH CENTER  
ST. JOSEPH HEALTH CENTER-WENTZVILLE



**MISSOURI  
CANCER  
CARE, P.C.**

www.karenfoundation.org

### Karen 4 A Kause 5K Run/Walk Pledge Form:

*Pledges are greatly appreciated, but not required to participate.*

**Entrant's Name:** \_\_\_\_\_ **Company:** \_\_\_\_\_  
*Special recognition will be given during Post Event for anyone raising over \$100 in pledges.*

I, \_\_\_\_\_, have collected the following pledges as a participant of this event.

Name (entrant's name)	Contact Info	Pledge
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

For Additional Pledges, Please Use Another Pledge Form  
Please Collect all pledges and have any checks made payable to the Karen Weideinger Foundation

Signature (Guardian, if under 18)

Print Name