

KAREN 4 A KAUSE

13TH ANNUAL

5K Fun Run, 1 Mile Walk & Children's Mad Dash

SATURDAY, MAY 12, 2018

START TIMES

5K (3.1 Mile) Run 9:00 am
1 Mile Walk 9:15 am
Children's Mad Dash (FREE ages 10 & under) 10:15 am

ALL PARTICIPANTS MUST BE REGISTERED.

Rain or Shine!

LOCATION

Frontier Park, St. Charles, MO
(First Capitol Drive and Riverside Drive)

COST FOR 5K FUN RUN - 1 MILE WALK

Mail-in BEFORE April 20 \$30
Mail-in AFTER April 20 and on RACE DAY \$35
Online BEFORE April 20 \$25
Online After April 20 \$30

ONLINE PROCESSING FEE INCLUDED IN PRICE

"Karing from the Couch"

(stay at home donation)* \$35

*T-shirts will be mailed to you AFTER the race

REGISTRATION ONLINE

karensfoundation.org
Team registration **NOW** available online

REGISTRATION BY MAIL

Complete Form and Mail to:
Karen Weidinger Foundation
2025 Zumbuhl Road #47
St. Charles, MO 63303

Check to be made payable to:

Karen Weidinger Foundation

RACE DAY REGISTRATION

7:30 - 8:30 am, near starting line
Cash, check or credit card accepted

PACKET PICK-UP

SSM Health St. Joseph Hospital - St. Charles Lobby
(next to gift shop)
300 First Capitol Drive, St. Charles, MO 63301
Friday, May 11, 9 am - 7 pm
Race Day: 7:30 - 8:30 am near starting line

SHIRTS

All 5K and 1 mile participants will receive a t-shirt. To ensure requested size, registration form must be postmarked no later than April 20, 2018. Children's Mad Dash shirt available for \$5.

AWARDS

Awards to top 3 finishers in age categories.
19 & under/20-29/30-39/
40-49/50-59/60-69/70+

Timing by Fleet Feet Sports

ATTENDANCE PRIZES

All pre-registered 5K and 1 Mile participants are eligible.

VOLUNTARY PLEDGES

All Pledge Forms and Money to be turned in at Packet Pick-Up. (Pledges beyond registration fees are not required to participate)



CHARITY INFO/

Karen Weidinger Foundation
a 501(c)(3) Charity
St. Charles County's Breast Cancer Foundation
karensfoundation.org
karen4akause@yahoo.com

PLEASE PRINT. All mailed entries must be postmarked by April 20, 2018 to qualify for early registration.

NAME: Last _____ First _____ Middle _____ M or F _____ DOB: _____

ADDRESS: _____ City/State _____ Zip _____

PHONE: _____ E-MAIL: _____

EMERGENCY CONTACT: Name _____ Phone _____ Relationship _____

5K Run 1 Mile Walk Children's Mad Dash (FREE ENTRY) Children's Mad Dash T-Shirt \$5 (optional) (choose size below)
 Karing from the Couch Donation \$35 (T-Shirt will be mailed to you AFTER the race) Cancer Survivor I would like to be recognized
Preferred Shirt Size: **YOUTH:** 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)