

# KAREN 4 A KAUSE

12TH ANNUAL

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

**MAY 13, 2017**

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

Empowering St. Charles and neighboring communities by providing knowledge and support to win the fight against Breast Cancer.

**SPONSORED BY**



**SSMHealth**  
Breast Care

SSM Health St. Joseph Hospital - Lake Saint Louis  
SSM Health St. Joseph Hospital - St. Charles  
SSM Health Outpatient Center



**The Karen Weidinger Foundation**  
2025 Zumbuhl Road, #47  
St. Charles, MO 63303

**Karen 4 A Kause 5K Run - 1 Mile 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

CONTACT INFO

PLEDGE

_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

For additional pledges, please use another pledge form.

Please collect all pledges and have any checks payable to: **Karen Weidinger Foundation**

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

SATURDAY, MAY 13, 2017

### START TIMES

5K (3.1 Mile) Run ..... 9:30 am  
1 Mile Walk..... 9:40 am  
Children's Mad Dash (FREE ages 10 & under) ..... 10:45 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 Kouch"  
(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

8 - 9 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 12, 9 am - 7 pm  
Race Day: 8 - 9 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, 2016. 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

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

Phone: \_\_\_\_\_

**PLEASE PRINT. All mailed entries must be postmarked by April 26, 2017 to qualify for early registration.**

NAME: \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ AGE day of race: \_\_\_\_\_ MALE or FEMALE

ADDRESS: \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Name \_\_\_\_\_ 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 Kouch 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)