

*The Pillsbury  
Push*

*5K run/walk  
& 10K run*

**New Route with less turns**

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!



*July 30<sup>th</sup>, 2016*

The Pillsbury Push  
PO Box 551  
Kerkhoven, MN 56252

A special thanks to our  
sponsors:  
Financial Security Bank  
Freetly Electric  
The Kerkhoven BANNER  
Don's Building Center  
Rustad Tours  
Lamecker General Store  
Rambow Inc.

**Registration:**

Pre-register by July 23<sup>rd</sup> at 8PM.  
Race day registration from 7-8 AM.

**Location:**

Pillsbury Park in Kerkhoven.

**Cost:**

By July 23 — \$20; After July 23 — \$25  
5Walkers — \$20  
Proceeds from this race go towards the Pillsbury Swimming Pool and to the KMS Marching Saints Hawaii Trip. 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 include paved & gravel roads and some grass. Water stops are every couple of 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+

**Registration Available Online** at ZapEvents. Just search for The Pillsbury Push.

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  
thepillsburypush@gmail.com

For information about other races in the series, visit [www.pickleevents.com](http://www.pickleevents.com).

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



**Please remove and mail this portion**

The Pillsbury Push  
PO Box 551  
Kerkhoven, MN 56252

**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 #** \_\_\_\_\_