

*The Pillsbury
Push
5K run/walk
& 10K run*



July 29th, 2017

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!

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.

The Pillsbury Push
PO Box 551
Kerkhoven, MN 56252

Registration:

Pre-register by July 22nd at 8PM.
Race day registration from 7-8 AM.

Location:

Pillsbury Park in Kerkhoven.

Cost:

By July 22 — \$20; After July 22 — \$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.

**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 #** _____