

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:

Strandberg Ins. Agency, Inc.

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Freetly Electric, Inc.

The Kerkhoven BANNER

Don's Building Center

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Glacial Plains Cooperative

The Pillsbury

Push

5K run/walk

& 10K run



July 27th, 2019

Financial Security Bank
c/o Terri Barrett
PO Box 258
Kerkhoven, MN 56252

Registration:

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

Location:

Pillsbury Park in Kerkhoven.

Cost:

By July 22 — \$25; After July 22 — \$30
5K Walkers — \$20
Funds raised from this event will benefit the Pillsbury Pool and KMS-Benson Cross Country Team. 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 routes 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:

<http://www.cityofkerk.com/pillsburypush.html>

Please return the registration slip with a check to:

The Pillsbury Push
c/o Terri Barrett
PO Box 258
Kerkhoven, MN 56252

For more information:
Terri Barrett
(320) 295-6536
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

Financial Security Bank
c/o Terri Barrett
PO Box 258
Kerkhoven, MN 56252

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone : (_____) _____

Email: _____

Birthdate: _____

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 # _____