



**8:10 AM Saturday, June 10, 2017**

# Lederhosenlauf 5k

**Lederhosenlauf & Gesundheitspaziergang**

**Plus 1 Mile Health Walk & Free Kids 1/4 Mile Fun Run**

**Around St Paul Cathedral & Along Selby Ave**

## Promoting Intercultural Understanding through Sport...und Bier

Charities Challenge and the Germanic-American Institute are proud partners in presenting the 10<sup>th</sup> Annual Lederhosenlauf 5k Run/Walk as part of the Germanic-American Institute's Annual Deutsche Tage (German Days) Celebration.



8:10 AM - 5k Run & Walk and simultaneous 1 Mile Health Walk, followed at 9:30 AM by Free Kids' 1/4 Mile Fun Run. Pro-timed 5k on USATF certified course 'round St Paul Cathedral Area from the German-American Institute on Summit Avenue. Start/Finish at GAI, 301 Summit Avenue, St Paul. Go to [www.gai-mn.org](http://www.gai-mn.org)

**Results by Youth/Open/Master; USATF Divisions**

**GAI's Complimentary Post-race Bavarian Breakfast & Bier in GAI's Beautiful Biergarten for 1<sup>st</sup> 500 entries!**

**Prizes for male & female who race in best German costumes**

Online registration via [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)



Learn @ RxExercise Ambassadorships to Great Destination Events at CC web site or call 612-245-9160

**Return this Registration to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303**

**\$30 early-bird entry 'til June 30, 2016; \$35 7/1/16-5/31/17; \$45 June 1-7/17; \$50 race day**  
(not all shirt sizes guaranteed to race day entries)

**1<sup>st</sup> 500 entered participants receive complimentary post-race Bier Garden German Breakfast & Bier pass**

**2017 Lederhosenlauf 5k** \_\_\_ Run \_\_\_ Walk or \_\_\_ 1 Mile HealthWalk (\$Entry Fee amount - See above) \$ \_\_\_\_\_

Adult T-shirt: XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ for 2XL \_\_\_ (Add \$4) 3XL \_\_\_ (Add \$5) \_\_\_\_\_

Optional: Tax-deductible donation supporting  CC's RxExercise Mission &/or  GAI's Education Programs \_\_\_\_\_

TOTAL ENCLOSED (Make check payable to Charities Challenge) \$ \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_ Age \_\_\_ Birthday \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_ Phone(s) \_\_\_\_\_/\_\_\_\_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

### Optional Registration Questions:

Yes, this is my first-ever road race event!  Team Name \_\_\_\_\_

I want info @ CC's Programs like CC Travel-Expenses-Paid "Ambassadorships" to Worldwide Road Race Events

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, the German-American Institute, the City of St Paul, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose. I agree to abide by road race etiquette and safety rules for safe racing by not bringing onto the course during the races any leashed or unleashed pets/animals.

Signature \_\_\_\_\_ Co-sign \_\_\_\_\_ Date \_\_\_\_\_ (< age 18, guardian sign)