



8:10 AM Saturday, June 9

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 11th 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



Results by Youth/Open/Master; USATF Divisions

GAI's Complimentary Post-race Bavarian Breakfast & Bier in GAI's Beautiful Biergarten for 1st 400 entries!

Prizes for male & female who race in best German costumes

Online registration via 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

1st 400 entered participants receive complimentary post-race Bier Garden German Breakfast & Bier pass

Pre-registration is \$38 through May 31; \$42 June 1-7; \$50 race day

(not all shirt sizes guaranteed to late entries – deduct \$5 for no commemorative shirt option)

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) _____

No commemorative shirt option deduct \$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)