



8 AM Saturday, June 8

Lederhosenlauf 5k

Plus optional 1 Mile Run or Walk
Around MN State Capitol District Memorial

Promoting Intercultural Understanding through Sport...und Bier

Charities Challenge is a proud partner in presenting the 12th Annual Lederhosenlauf 5k Run/Walk as an introduction to the Germanic-American Institute's Annual Deutsche Tage (German Days) Celebration



5k Run & Walk and simultaneous 1 Mile is a pro-timed 5k on USATF certified course on State Capitol grounds, before going to the German-American Institute at 301 Summit Avenue, less than a mile away. For info go to www.gai-mn.org

Results by Youth/Open/Masters USATF Divisions

Complimentary Post-race German beer back at GAI's Beautiful Biergarten for 1st 200 entries!

Online registration via www.CharitiesChallenge.org or call 612-245-9160 for more information



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

1st 200 entered participants receive complimentary post-race Bier Garden German Beer

Pre-registration is \$38 through May 31; \$42 June 1-5; NO RACE DAY Registration

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

2019 Lederhosenlauf 5k ___ Run ___ Walk or ___ 1 Mile (\$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, City of St Paul, State Capitol, 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)