

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.

Financial Security Bank

Freetly Electric, Inc.

The Kerkhoven BANNER

Don's Building Center

Rustad's, Inc.

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Nolan Baker Ford

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Glacial Plains Cooperative

*The Pillsbury*

*Push*

*5K run/walk*

*& 10K run*



*July 28th, 2018*

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

**Registration:**

Pre-register by July 21<sup>st</sup> at 8PM.  
Race day registration from 7-8 AM.

**Location:**

Pillsbury Park in Kerkhoven.

**Cost:**

By July 21 — \$20; After July 21 — \$25  
5K Walkers — \$20  
Proceeds from this race go toward the  
Pillsbury Swimming Pool. 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](http://www.pickleevents.com).

**Only the 10K Race is part of the  
Glacial Lakes Championship Running  
Series**

**Please remove and mail this portion**

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c/o Terri Barrett  
PO Box 258  
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 #** \_\_\_\_\_