



**Henderson Sauerkraut Days
5k & Kids 1k
Saturday June 29, 2019
Henderson, MN**

Races/Entry Fees

Kids 1k 7:45am (\$15)
5k run/walk 8:00am (\$25)
Race day registration 7:00-7:45am

Sponsors

Evolution Shirts
LSH Cross Country & Track
ReMax Advantage Plus
1st Choice Pharmacy-Henderson

Course

The race is set in beautiful Henderson, MN along the Minnesota River. The course starts and finishes at the Minnesota New Country School on the corner of Main St. and N. 3rd St. and takes runners on 2 loops through town. Water will be on the course and refreshments available at the finish line.

T-Shirt

Runners will receive a t-shirt and their race time. No awards will be given. The run is held as part of the Sauerkraut Days celebration and is intended to promote fun and fitness. **(Limited t-shirts available on race day so pre-register by June 21st to ensure t-shirt).**

Registration Form- 2019 Sauerkraut Days Run

Name _____ E-mail _____
Address _____ City _____
State _____ Zip _____ Ph # _____
Race: ___ 5k (\$25) ___ Kids 1k (\$15)
Sex: M F Age _____ T-shirt size Adult: S M L XL 2XL Youth: S M L

I understand running/walking can be a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with participating in this event. I waive and release any and all claims against the sponsors of this event and any individuals associated with this race.

Signature: _____ (Parent/Guardian if under 18)

**Checks payable to: LSH Track/CC Boosters
Mail to: 283 Maple Ridge Drive
Henderson, MN 56044**

