

# Trinity Lutheran Workcamp's 5<sup>TH</sup> annual "About a 5K" Fun Run!

Where: Trinity Lutheran Church, 13025 Newell Ave Lindstrom, MN

When: **Saturday, June 8**

8:00 – 8:45 Registration and packet pick-up

9:00 – "About a 5K" Run/Walk



**Entry Fee: \$20 received by June 5. \$25 day of registration**  
**Please add \$2 to fee for shirt sizes XXL or XXXL**

Make checks payable to: Trinity Lutheran Youth. Memo Line: About a 5K

Mail forms to Trinity Lutheran Church P.O. Box 768 Lindstrom, MN 55045

Course: Run through the quiet residential streets of Lindstrom. The course is safe and it's "about a 5K." This is a fundraiser and a fun run. The course has not been certified.

Door Prizes: Door prizes for participants and refreshments after the race.

Awards: Awards given to top 3 runners in each age category – male & female.

**Come for the run and enjoy the fun! This is a fundraiser and a fun run. All proceeds are going to help support the Trinity Lutheran Youth with their summer work camp trip to Maine. During their trip, they will be making home repairs for seniors and disabled individuals.**

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## ENTRY FORM

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **M:** \_\_\_\_\_ **F:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Waiver:** I hereby release, absolve, and hold harmless the individuals and sponsors associated with the event from danger resulting from any injury incurred by me or my child while participating in the above mentioned 5k run/walk. I/we understand that any individuals associated with this event assume no responsibility for injury before, during, or after the 5k run/walk.

**Signature of participant (or parent/guardian if participant is under the age of 18)**

\_\_\_\_\_

Please circle shirt size:    S    M    L    XL  
Please add \$2 to fee for shirt sizes:    XXL    XXXL

If you would like to make an additional donation to our WORKCAMP mission trip, please include it with your registration. Thank you!