



Immanuel Lutheran School
“Strides 4 Souls”
10th Annual Family Fun 5K Walk/Run
Sunday, September 24, 2023

- Walkers/Runners will receive a “Strides 4 Souls” t-shirt. Shirts will be guaranteed on event day for everyone registered prior to September 5. After this cutoff date you are not guaranteed a t-shirt.
- Start and finish will be at Hwy 111 and closed Hwy 14 by Nicollet (same course as last year). Individual times will not be kept.
- Day of race registration begins at 10:45am on closed Hwy 14 – at intersection of Hwy 111 and Hwy 14. All walkers/runners should meet at the race site (closed Hwy 14) for instructions. The 5K will begin at 11:00am. No pets or bikes please. Race will be held rain or shine!
- Fun Walk/Run Fees: By September 5- \$30.00 and after September 5- \$35.00. Children 10 and under walk/run for free with a registered adult. Children under 10 will not receive a t-shirt, but if you would like to order them a t-shirt the cost will be \$15.00. All proceeds from the 5K will go to the “Strides 4 Souls” fund that will help with tuition assistance.
- Plan on staying for lunch!! Lunch will again be served after church at 10:30am as well as after the race at the church. Meal is included with your race registration. Proceeds from the lunch will go to the school’s technology program. The meal includes riblet sandwich, chips, cookie and beverage. Cost of meal is \$10.00.

Strides 4 Souls 5K * Fun Walk/Run Registration

Name: _____ Phone: _____ Birthday: _____

Address: _____ City: _____

Email: _____

For more information
contact Sue Erdman
at 359-2534

Circle T-shirt Size: Adult- S M L XL XXL Child- XS S M L

Participation Waiver: Knowingly and at my own risk, I hereby apply to enter the “Strides 4 Souls” Fun Walk/Run and hereby waive and release any and all claims for damages that I may incur as a result of my participation in the event and against all sponsors and any employee, volunteer, official or and elected official of these organizations for said injuries.

Signature: _____ Date: _____

Forms can be mailed to: Immanuel Lutheran School: Attn. 5K, 50605 478th St, Courtland MN 56021