

Karen for a Kause 5K or 1-Mile Run/Walk pledges are greatly appreciated, but not required to participate.

Entrant's Name: \_\_\_\_\_ Company: \_\_\_\_\_

Special recognition will be given during post event for anyone raising over \$100 in pledges.

I, \_\_\_\_\_, have collected the following pledges as a participant of this event.

Name	Contact Info	Pledge
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

For additional pledges, please use another pledge form. Please collect all pledges and have any checks payable to: Karen Weidinger Foundation

Karen Weidinger Foundation  
2025 Zumbuhl Road, #47  
St. Charles, MO 63303



# 19th Annual KAREN for a KAUSE

5K and 1-Mile Run/Walk (In-Person and Virtual Options) and Children's Mad Dash

**SATURDAY, MAY 11, 2024**

**Frontier Park in St. Charles, MO**

(First Capitol Drive and Riverside Drive)

Event will follow St. Charles City Health Guidelines



Empowering St. Charles and neighboring communities by providing knowledge and support to win the fight against breast cancer.

SUPPORTS



SPONSORED BY



*Bogey Hills*  
Ladies Golf Association





19th Annual

## KAREN for a KAUSE

5K and 1-Mile Run/Walk (In-Person and Virtual Options) and Children's Mad Dash  
**Saturday, May 11, 2024**

### Start times (rain or shine)

- 9:00 am** 5K (3.1 mile) Run/Walk
- 9:15 am** 1-Mile Run/Walk
- 10:00 am** Children's Mad Dash  
(Free, ages 10 & under)

**ALL participants must be registered.**

### Cost for 5K and 1-Mile Run/Walk and Virtual Option

T-shirt included in all costs.

- \$30** Online registration **before** April 10  
(processing included in fee)
- \$35** Online registration **after** April 10  
(processing included in fee)
- \$35** Mail-in registration **before** April 10
- \$40** Mail-in registration **after** April 10 or on **race day**
- \$35** **Karing from the Kouch**  
(stay-at-home donation)\*  
\*T-shirts will be mailed to you **AFTER** the race
- \$7** Optional cost to have T-shirt mailed

### Registration online

[karensfoundation.org](http://karensfoundation.org)

(Team registration now available online)

### Registration by mail

Complete form and mail to:

**Karen Weidinger Foundation**

2025 Zumbahl Road, #47, St. Charles, MO 63303

**Check made payable to:** Karen Weidinger Foundation

### Race day registration

7:30 - 8:30 am, near starting line

Cash, check or credit card accepted



### Packet pickup

**Friday, May 10th** | 9:00 am - 7:00 pm

#### St. Peter Parish Center

First Capitol Drive & 3rd Street, St. Charles, MO 63301  
Across from SSM Health St. Joseph Hospital - St. Charles

**Race Day** | 7:30 - 8:30 am near starting line

Please visit [www.karensfoundation.org](http://www.karensfoundation.org) for updates

### Shirts

All 5K, 1-Mile (In-Person or Virtual) and Karing from the Kouch participants will receive a T-shirt.

To ensure requested size, registration must be postmarked no later than **April 10, 2024**.

Children's Mad Dash shirt available for \$5 (optional).

T-shirts will be available at packet pick up. If you would like your T-shirt mailed, please add \$7 for shipping fee. (3XL and 4XL shirts are available for an additional \$4.)

Registration must be postmarked no later than **April 10, 2024**, for delivery prior to the event.

### Awards

Awards will be given to the top three in-person finishers in the following age categories:

**19 and under | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+**

### Attendance prizes

All pre-registered 5K and 1-mile in-person participants are eligible for attendance prizes.

### Voluntary pledges

All pledge forms and money to be turned in at packet pickup. (Pledges beyond registration fees are not required to participate.)

### Charity Info

Karen Weidinger Foundation is a 501(c)(3) charity. St. Charles County's Breast Cancer Foundation

[karensfoundation.org](http://karensfoundation.org)

[karen4akure@yahoo.com](mailto:karen4akure@yahoo.com)

**PLEASE PRINT. All mailed entries must be postmarked by April 10, 2024, to qualify for early registration.**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  M  F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Name \_\_\_\_\_ Relationship \_\_\_\_\_

Name

Phone

Relationship

5K Run/Walk  1-Mile Run/Walk  Children's Mad Dash (FREE ENTRY)  Children's Mad Dash T-shirt \$5 (optional) (choose size below)

Karing from the Kouch Donation \$35 (T-Shirt will be mailed to you AFTER the race)  5K Run/Walk Virtual Participant

1-Mile Run/Walk Virtual Participant  Cancer Survivor

Preferred Shirt Size: **YOUTH:**  S  M **ADULT:**  S  M  L  XL  XXL  3XL (\$4)  4XL (\$4)  Mail my T-shirt \$7 (optional)

Waiver of Liability: In consideration of the foregoing, I, for myself, my executor, administrators, and assigns, do hereby release and discharge the Karen Weidinger Foundation (KWF) and all sponsors and representatives from all damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of participation in said run. I certify that I have run this distance or longer in practice regularly in weeks prior to the event. Registration fee is non-refundable.

All entries must be dated and signed. X \_\_\_\_\_ Date: \_\_\_\_\_