

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

Karen Weidinger
 FOUNDATION

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

— SUPPORTS —



— SPONSORED BY —










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

(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 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.

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

karen4akure@yahoo.com

All entries must be dated and signed. X _____

Date: _____

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 Mail my T-shirt \$7 (optional)

Waiver of Liability: In consideration of the foregoing, I, for myself, my executors, 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.