



**Henderson Sauerkraut Days
Kraut Route
5k run, 2k walk & Kids 1k
Saturday June 29, 2024
Henderson, MN**

Races/Entry Fees

Kids 1k 7:45am (\$15)
5k run/2k walk 8:00am (\$20)
Race day registration 7:00-7:45am

Sponsors

Evolution Shirts
LSH Blue & Gold Boosters
LSH Cross Country & Track

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 and walkers on a loop course 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 22nd to ensure t-shirt).**

Registration Form- 2024 Kraut Route

Name _____ E-mail _____
Address _____ City _____
State _____ Zip _____ Ph # _____
Race: ____ 5k run/2k walk (\$20) ____ 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 Blue & Gold
Mail to: 283 Maple Ridge Drive
Henderson, MN 56044**