



# Immanuel Lutheran School

## “Strides 4 Souls”

### 11th Annual Family Fun 5K Walk/Run

### Sunday, August 18, 2024

- Walkers/Runners will receive a “Strides 4 Souls” t-shirt. Shirts will be guaranteed on event day for everyone registered prior to July 26th. After this cutoff date you are not guaranteed a t-shirt.
- Start and finish will be back at the school this year!! Individual times will not be kept.
- Day of race registration begins at 10:45am in school parking lot. All walkers/runners should meet at the race site 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 July 26- \$30.00 and after July 27- \$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.

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## 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 478<sup>th</sup> St, Courtland MN 56021

I would like to be a sponsor for the  
**11<sup>th</sup> Annual “Strides 4 Souls” 5K Walk/Run**

that will be held on

**Sunday, August 18, 2024**

for Immanuel Lutheran School, Courtland

My sponsorship (minimum donation of \$40.00) entitles

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(Name)

to be printed on the back of the T-shirts.

Please make check payable to

Immanuel Lutheran School.

Your donation and this form can be mailed to:

Immanuel Lutheran School

Attn: 5K

50605 478<sup>th</sup> St

Courtland, MN 56021

**Please return this form along with donation by  
July 26th to guarantee name is printed on the shirt.**