

# Polish Pickle Run 5K and Kids K

**WHEN:** Saturday June 27, 2009, 8:00 AM for 5K. 8:50 for Kids K. Kicks off Polish Day Festivities

**WHERE:** BREMOND, TEXAS (Located halfway between Waco and Bryan)

**ENTRY FEE:** \$12 before June 28, \$15 on Polish Day

**COURSE:** Out and back 5K with rolling hills, start on Main Street in front of The Bremond Press. A flat 1K (1000 Meters) for kids 10 years old and under starts at the same location.

**AWARDS:** Cash awards of \$100, \$75, \$50, \$25 given to the top four overall male and female finishers. \$50 each to the first male & female Masters (40 to 49) winners, \$50 each to the first male & female Seniors (50 to 59) and \$50 to first male & female Veterans (60 & over). And \$50 to each Clydesdale/Filly Division winner (Men who weigh over 190 lbs and women who weigh over 140 lbs). An additional \$30 to anyone who breaks any of the course records listed below. Medals to the top five boys and top five girls in the Kids K. In the 5K medals will be given to the top three finishers in the following male and female age groups: 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-74 & 75 plus. Also medals will be given to the top three winners in each of four Clydesdale/Filly Divisions. Men weighing 190 lbs and greater, under/over 40 years old & women weighing 140 lbs and greater, under/over 40. No duplications except for course record bonus and it is limited to the fastest time in the event more than one runner breaks a record.

## COURSE RECORDS

MEN OPEN - Justin Chaston 14:15

WOMEN SENIOR - Karen Bowler 20:25

WOMEN OPEN - Jody Hawkins 16:44

MEN VETERAN - Ben Harvie 19:49

MEN MASTER - Keith Dowland 15:47

WOMEN VETERAN - Ann Ferguson 22:45

WOMEN MASTERS - Sherrie Keim 18:25

CLYDESDALE- Ken Yanowski 16:43

MEN SENIOR - William Martin 17:24

FILLY- Angelina Felsing 20:51

**DRAWING:** For valuable prizes will be held after the race. Top prize is a live heifer calf or \$500. Second prize is 20 bales of coastal bermuda hay or \$100. Other prizes to be announced.

**T-Shirts** will be given to all entrants. **Refreshments** with local flavor are provided.

For information call **George Yezak** 254 746-7033 or **Ken Yanowski** 713-230-7848

E-mail ken.yanowski@shell.com or bremondpress@earthlink.net

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE on 6/27/09 \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ MALE \_\_\_\_\_

FEMALE \_\_\_\_\_

Check if entering Clydesdale/Filly Division \_\_\_\_\_ Check if entering Kids K \_\_\_\_\_

email address: \_\_\_\_\_

T-Shirt size YM S M L XL XXL

Make checks payable to POLISH PICKLE RUN

Cut off the entry form and mail to Polish Pickle Run, P.O. Box 490, Bremond TX 76629

**WAIVER STATEMENT:** In consideration of my entry being accepted, I waive any and all claims for myself, my administrators and my heirs against all officials, sponsors and organizations connected with the Polish Pickle Run or POLSKI DZIEN celebration for injury or illness which may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. This entry is invalid unless signed by entrant, or if under 18, entrants parent or guardian.

Signature \_\_\_\_\_ Date \_\_\_\_\_