

13TH ANNUAL

Freeze Your Caboose Off

5k Run and Walk Around St. James NE Residential Area
Saturday, March 23, 2019

St. James High School Cafeteria

Registration: 9:30 a.m.

Walk: 10:00 a.m.

Run: 10:15 a.m.

Pre Registration no later than March 14th for \$20.00

Registration the day of the race \$25.00

Registration Fee includes a long sleeve shirt, bottled water, Hot Chocolate, and Monster Cookies following race.

Race Age Groups: Under 15 16-18 19-29 30-39
40-49 50-59 60-69 70 and over

All walkers/runners are eligible for awards

Proceeds will be donated to the, Weekend Back Pack Program in conjunction with St. James Community Education.

For more information please contact:

St. James Chamber of Commerce | 888-859-0813 | 507-375-3333

Email: stjamesmnchamber@gmail.com



Please remove this portion and return with your payment no later than March 14th 2019. Please print clearly!

Name: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Phone: _____

Email: _____

Shirt Size: YOUTH - M___ L___ ADULT - S___ M___ L___ XL___ OTHER - _____

Please enclose the \$20 for pre-registration fees, along with this form no later than March 14th to guarantee your shirt order. Fee's after March 14th are \$25. Please make checks payable to the St. James Chamber of Commerce. Return form and payment to: St. James Chamber of Commerce, 516 1st Ave S. St. James, MN 56081
The undersigned participant enters this race at his/her own risk. He/She will not hold the race director or any of the workers at the race, race sponsors, City of St. James, St. James Chamber of Commerce responsible for any injury or accident which may occur during this event.

Participant Signature

Parent/Guardian Signature (if participant is under 18)