



35TH ANNUAL ST. JAMES

2019 RAIL RUN

Thursday, June 20, 2019

You may pick up your pre-registration packets at the St. James Chamber Office on June 7th from 9 a.m. - 3 p.m. Groups of ten or more will receive a discount of \$3.00 per person.

Race day registration is 5:30 p.m. - 7 p.m. at the Depot Museum

(1/2 Mile registration must be completed by 6:40 p.m.)

On the south side of St. James Lake in Tiell Park

We will NOT hold the race for late arrivals. Race starts will be called 5 minutes prior

Registration Fee Includes:

Rail Run T-Shirt, Bottled Water, and Healthy Snack

Awards given to all age group winners in 1 mile, 4 mile runs & 4 mile walks.

Ribbons are awarded to age group winners on Fun Run and participation ribbons given to all children.

Water will be available at the start and miles 2 & 3. Restrooms and showers are available at the campground

Special Thank You to our sponsors: BKC Construction, Dwight & Betty Kuehl, First National Bank, KRRW, Kuehl's Electric, Mayo Health System - St. James, Pioneer Bank, and St. James Area Chamber of Commerce

1/2 Mile Children's Fun Run
(ages 12 and under)
Starts at 7 p.m.
Course will be marked
Day Of Registration
\$12 (includes T-Shirt
\$5 (Race Only - No T-Shirt)

4 Mile Fitness Walk
Starts at 7:30 p.m.
Course will start at the Depot Museum and follow Bike Trail around the lake.
Pre-register June 7th \$15 (includes T-Shirt)
Register Day of Race \$20 (includes T-Shirt)

1 Mile Run
Starts at 7:45 p.m.
Course will go 1/2 mile north along the lake and back.
Pre-Register June 7th \$15 (includes T-Shirt)
Register Day of Race \$20 (includes T-Shirt)

4 Mile Run
Starts at 8 p.m.
Course will start at the Depot Museum and follow Bike Trail around the lake.
Pre-register June 7th \$15 (includes T-shirt)
Register Day of Race \$20 (includes T-shirt)

RUN FOR THOSE WHO CAN'T

This year we are doing something new...

Not everyone has the ability to participate in the Rail Run, even if they would like. You can help by running for someone who can't.

It's real simple.

Sign up to run for someone you know OR if you don't know who to run for but want run for someone who can't then we will be happy to provide you with the name of someone to run for.

A portion of the proceeds of the Rail Run will be used for the purchase of playground equipment for the physically challenged.

Please contact the chamber if you have any questions. 507-375-3333 or email stjmnchamber@gmail.com



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Registration Form

Full Name: _____

Address: _____

City: _____ State: _____ zipcode: _____

Phone: _____ Age: _____ Email: _____

Shirt Size: Youth - M___ L___

Adult - S___ M___ L___ XL___ Other - _____

1/2 Mile Children's Fun Run 1 Mile Run 4 Mile Walk 4 Mile Run

Run For Those Who Can't Name: _____

I would like to be provided with a name to *Run For Those Who Can't* (check if applicable)

Please enclose the \$12 (Children's Fun Run) or \$15 for pre-registration fees, along with this form no later than Friday, June 7th. Fee's after June 7th are \$20. Please make checks payable to the St. James Chamber of Commerce. Return this form and payment to: St. James Chamber of Commerce, 516 1st Ave S. St. James, MN 56081. Registration payment is non-refundable. The undersigned participant enters this race and 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, or St. James Chamber of Commerce responsible for any injury or accident which may occur during this event.*disclaimer: please note that photographs may be taken and posted on public forum along with results.

Participant signature

Parent/Guardian Signature
(if participant is under 18 yrs old)

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For Office Use Only

Paid: \$ _____

Run/Walk # _____

Cash___ Check___

Run/Walk Time: _____