

Polish Pickle Run

5K and Kids K

31st Annual

WHEN: Saturday June 22, 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: \$20 before June 22, \$35 on Polish Day, Race Day Registration closes at 7:40.

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, \$80, \$70, \$60 given to the top 4 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 200 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, 70-74, 75-79 & 80 plus. Also medals will be given to the top three winners in each of four Clydesdale/Filly Divisions. Men weighing 200 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

MEN MASTER - Keith Dowland 15:47

WOMEN MASTERS - Sherrie Keim 18:25

MEN SENIOR - William Martin 17:24

WOMEN SENIOR - Cathy Buchanan 19:51:57

WOMEN VETERAN - Sabra Harvey 19:22

CLYDESDALE- Ken Yanowski 16:43

FILLY- Kristin Bartiss 19:57

DRAWING: For valuable prizes will be held after the race. Top prize is a live heifer calf or \$600. Second prize is 20 bales of coastal bermuda hay or \$100. Must be present to win. **T-Shirts** will be given to all entrants. **Refreshments** with local flavor are provided.

NAME _____ **PHONE #** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

Email Address: _____

AGE on 6/22/19 _____ **MALE** _____ **FEMALE** _____

Check if entering Clydesdale/Filly Division _____ **Check if entering Kids K** _____

T-Shirt size YS YM S M L XL XXL

Mail completed form to Polish Pickle Run, P.O. Box 490, Bremond TX 76629. Make check payable to Polish Pickle Run.

Online registration available at www.BremondTexas.org

For more information, contact **George Yezak:** 254-746-7033, polishpicklerun@gmail.com or

Ken Yanowski: 713-524-3542, kenyanowski@gmail.com

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** _____