



Participant Registration Form

Kare11 Family Mile & Half Mile / Saturday, September 30th, 2023

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone #(        ) \_\_\_\_\_

Email Address: \_\_\_\_\_

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Emergency Contact Information

First and Last Name \_\_\_\_\_

Emergency contact phone number \_\_\_\_\_

Shirt size (**circle one**): Youth Sizes: XS S M L XL/Adult XS or  
Adult Sizes: S M L XL 2XL 3XL 4XL 5XL

Run (**circle one**): Half Mile KARE 11 Family Mile

Will you be riding the free bus from Battle Creek Elementary school? \_\_\_\_\_

Adult accompanying child to the run? \_\_\_\_\_



# Fun Runs at the State Capitol Saturday, September 30th

Do you love running?

Do you love cheering on others?

**DO YOU LOVE COMPETING AND MEETING NEW PEOPLE?**

**Come join the fun at the State Capitol on Saturday, September 30th.**

All children that participate get a t-shirt and medal just like the Marathon runners and the best part is that it's free for everyone 18 and under.

## TC Kids Run Free Program

Running and exercise offer proven positive outcomes for kids – physically, socially and academically – and Twin Cities In Motion now provides young runners free access to its events. TCM believes in running and believes in kids. Active kids and an active next generation are good for our community's future. In 2022, the program's inaugural year, more than 3600 kids ran free in TCM events.

Students are encouraged to sign up to run the half mile or mile runs as part of the Twin Cities Marathon weekend events. We will have a free bus leaving from Battle Creek Elementary School the morning of the runs for students and parents to ride on (until filled). Fill out the permission slip on the back or scan this QR code to sign up online, when signing up online make sure to select **Battle Creek Elementary School** from the dropdown for school.

I hope you think about joining us for this fun and exciting event. After taking hundreds of students in Minneapolis to this for years I'm thrilled to start the tradition in St. Paul.

If you have further questions reach out via email to [jennifer.engelken@spps.org](mailto:jennifer.engelken@spps.org)

Happy Running,

Mrs. Engelken  
Physical Education Teacher



Permission slips are due back by **Friday, September 22nd** to Mrs. Engelken.