



## Registration

- Pre-Register Online at [www.saintandrews.org](http://www.saintandrews.org). Cost is \$20 on or before Wednesday, April 15.
- Or pre-register at Tri Fitness, 2193 4th. St., White Bear Lake, through Friday, April 17.
- Race Packet Pickup available Thursday & Friday at Tri Fitness.
- Race day registration at St. Andrew's is from 7:30-8:45 a.m. Race day registration is \$25.
- 1-Mile Fun Run fee is \$2.00 and shirts can be purchased or ordered on Race Day.

## Schedule

**7:30 a.m. to 8:45 a.m.**  
Registration/Packet pickup

**9:00 a.m.**  
5K Race/walk start

**9:45 a.m.**  
1 mile fun run starts

**10:00 a.m.**  
Award Ceremony

## Age Groups

Men and Women 19 under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

## Awards

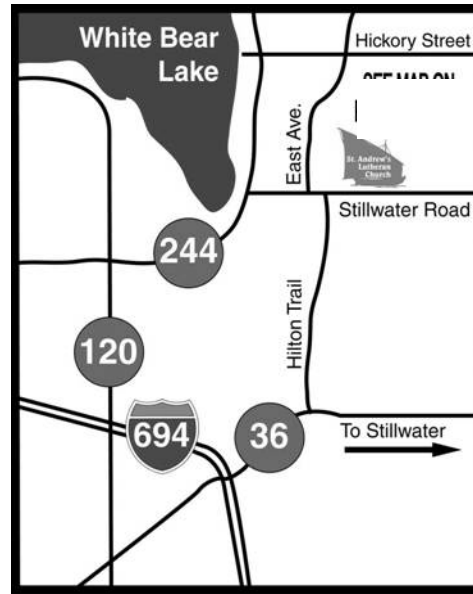
Top three runners in each age group.

## Race Memento

Microfiber running shirt

## Directions

The course will start and finish at St. Andrew's Lutheran Church



**Make checks payable to:**  
St. Andrew's Lutheran Church

**Mail or drop off:**  
\$20 check/money order to:  
Run for Others 5K  
St. Andrew's Lutheran Church  
900 Stillwater Road  
Mahtomedi, MN 55115

For further information, call  
Pastor John Keller at (651) 426-3261.

## Pancake Breakfast

To Benefit St. Andrew's Youth Mission Trips  
\$4 Children, \$8 Adults, \$20 Family Max

The proceeds from the

## CEMSTONE 5K

### ***RUN FOR OTHERS***

support Twin Cities Habitat for Humanity and its effort to build simple, decent, affordable houses in partnership with those who lack adequate shelter



*Twin Cities*  
**HABITAT FOR HUMANITY**

**Special Thanks to our CORPORATE PATRONS:**



## TRI FITNESS



*Members of Lakeview Health*

Ramsey County Chapter of Thrivent Financial



## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_ Age \_\_\_\_\_

Sex M F Shirt: S M L XL

Birthday \_\_\_\_\_

WAIVER: In consideration of acceptance of my entry, for myself, executors, administrators and assignees do hereby release and discharge St. Andrew's Lutheran Church and all other sponsors and associates from claims of damages, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, video tapes or any other recording of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
Runner's Signature

\_\_\_\_\_  
Parent or Guardian Signature

(if under 18 yrs. of age)

Mail Registration form to:

Run for Others 5K  
St. Andrew's Lutheran Church  
900 Stillwater Road  
Mahtomedi, MN 55115



900 Stillwater Road  
Mahtomedi, MN 55115

**SATURDAY,**  
APRIL 18, 2009

