

Roads Closed Announcement for Saturday, June 9, 8 AM – 9:10 AM for the 11th Annual Lederhosenlauf 5k - Mostly Along Selby Ave from Victoria-Farrington St's

Charities Challenge (CC) and the Germanic-American Institute (GAI) are proud to present the 11th Annual Lederhosenlauf 5k Run/Walk as part of the Germanic-American Institute's Annual Deutsche Tage (German Days) Celebration in the Cathedral Hill Neighborhood of St Paul.



The 5k course starts/finishes (8:10 AM Start & 9:15 AM estimated finish of last walkers & kids fun run) on Farrington St just north of Summit Ave at the Germanic-American Institute (GAI), proceeds north to a right onto W Laurel Ave, left on Nina St to a right onto Selby Ave, going around the St Paul Cathedral, back on Dayton Ave, left onto Farrington St, right onto Selby Ave, going about a mile out on Selby to a turnaround just before Victoria, returning to Farrington to GAI. Metro Transit buses will continue uninterrupted service. Streets will reopen progressively as race proceeds and racers leave the streets, starting with Nina St & Dayton Ave around the Cathedral at Summit Ave reopening as early as 8:30 AM.

Event Summary & the Power of RxExercise to Improve Health & Lives Today

- @ 400 Event participants, guests, and Lederhosenlauf 5k volunteer workers are expected.
- Event is being promoted via a variety of communication channels in the Twin Cities
 - Three Special Event Goals:

1. Celebrate the Power of RxExercise to improve lives, especially those living well beyond chronic health challenges like arthritis, cancer, diabetes...
Because there is NO CURE for all the ills of lack of exercise.
2. “Promoting Intercultural Understanding through Sport” partnership between CC & Germanic American Institute.
3. Raise added funds for gifts of new running/walking shoes & RxExercise Leadership Programs for needy others & GAC programs

For questions about the Lederhosenlauf 5k & Sponsorship Opportunities to promote your business or community organization please contact CC Founder/President, Gary Westlund: 612-245-9160; GaryWestlund@aol.com or visit www.CharitiesChallenge.org

Charities Challenge Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships...like this Active Partnership with the Germanic-American Institute www.gai-mn.org

June 9, 2018 Lederhosenlauf 5k Intersections Barricades & Safety

Farrington/Summit 2 Barricades

Laurel/ Farrington 2 " "

Laurel/Virginia 2 " "

Summit/Nina 2 " "

Selby/Summit 2 Reserve Officers

-the North lane will be coned off for the runners by the Cathedral

Dayton/Summit (or John Ireland)

1 Reserve Officer

Dayton/Louis 2 " "

Farrington/Dayton 1 Reserve Officer

Selby Virginia 2 " "

Selby/Western 2 Reserve Officers

Selby/Arundel 4 barricades (2 North side and 2 South side)

Selby/Kent 4 barricades (2 North side and 2 South side)

Selby Mackubin 4 barricades (2 North side and 2 South side)

Selby/Dale 2 Reserve Officers

Selby/St. Albans 4 barricades (2 North side and 2 South side)

Selby/Grotto 4 barricades (2 North side and 2 South side)

Selby/Avon 4 barricades (2 North side and 2 South side)

Selby/Fisk 4 barricades (2 North side and 2 South side)

Selby/Victoria 2 Reserve Officers (Monitoring the turn)

Total barricades = 40