

Celebrate Fall with family, friends and fun with a 5k & 1 mile fun run supporting St. Teresa's Catholic School Athletics on **Saturday, October 26th, 2019.**

You can have a good time running (or walking) in support of St. Teresa's Catholic school. Bring the whole family and let everyone participate in the run/walk.

**Wear your favorite Saint or Sinner costume and be eligible to win our costume contest!**

Entrants will receive a specially designed t- shirt (guaranteed only to the first 150 registrants). To guarantee your shirt size you MUST pre-register by October 10th. The 5K Race will use electronic chip timing to insure accurate tabulations.



# October 26, 2019

**Fun Run:** begins at 8am

**5K:** Begins at 8:30am



- Pancake breakfast included for all runners (extra tickets available for purchase on race day)
- Race T-shirt guaranteed to the first 150 registered runners
- Medals for top three 5K runners in 16 age groups, plus overall Male/Female & Overall Masters Male/Female
- Door Prizes
- Costume Contest for 3 different Age groups
- Costume Contest for all Runners in each age group.

**Pre-Register through October 16, 2019**

**5K Runners (chip timed)**

\$25 per person

\$80 Family of 4 or more

**Entry Fee after October 16th**

**5K-** \$30 per person

\$100 Family of 4 or more

**1 Mile Run/walkers**

\$15 per person

\$50 Family of 4 or more

**1Mile -** \$20 per person

\$70 Family of 4 or more

**Ghost Runner: Sleep-in we'll save you a t-shirt!- \$20**

**Register by October 16, 2019 to guarantee a T-shirt**

2019 Registration Form:

Name: \_\_\_\_\_

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

Email: \_\_\_\_\_ phone: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ phone: \_\_\_\_\_

\_\_\_ 5K                      \_\_\_ 1 Mile    \_\_\_ Ghost Runner

Age \_\_\_\_\_                      Male/Female                      T-shirt size \_\_\_\_\_

Family Registration: (Please add additional Family members below)

Name \_\_\_\_\_ Age \_\_\_ M/F T-Shirt size \_\_\_ 5K 1 Mile

Name \_\_\_\_\_ Age \_\_\_ M/F T-Shirt size \_\_\_ 5k 1Mile

Name \_\_\_\_\_ Age \_\_\_ M/F T-shirt size \_\_\_ 5K 1 Mile

**Waiver/Release**

Please enter me, and the individuals listed as their parent/guardian , as participants in the 2018 Saints & Sinners Run. I hereby assume all risks associated with running or walking in this event, including but not limited to, falls, the effects of weather, traffic, the conditions of the road, and contacts with other participants, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and, in consideration of the acceptance of my entry. I hereby and forever release St. Teresa's School, race officials, volunteers and all sponsors, their representatives and successors, from any and all claims or liabilities of any kind arising out of my participation. I grant permission to all the foregoing to use any photographs, motion pictures, or any recording of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_