



Sixth Annual Sacred Heart RUN FOR THE SON

5K, 10K, and 1mi Fun Run • Saturday, June 11, 2016

irunfortheson.com & facebook.com/RunForTheSon

In addition to the community-wide 5K/10K walk or run event with chip-timing, **this year we're excited to add a new 1-mile Fun Run!** The Fun Run will focus on student participation, but is open to all.

Registration for the 5K and 10K is \$25 before May 25 and includes an event shirt. After May 25, the 5K/10K late registration fee is \$35 and shirts/sizes cannot be guaranteed. **The 1-mile Fun Run is \$10**, and there is no need to pre-register. You may register for the 5K/10K online at irunfortheson.com, or by completing the form below and returning it to the Parish Office with your payment.

Race packet pickup and late registration will be in the Parish Hall from 6:00-7:30 p.m. Friday night before the race, and at 6:30 a.m. the morning of the race, all in the Parish Hall. The 10K begins at 7:30 am, the 5K begins at 7:45 am, and the Fun Run will follow (Fun Run participants please arrive by 7:45 am). All proceeds benefit Sacred Heart school. **Come join us for a great morning of exercise and find your happy pace!**

2016 ENTRY FORM – 6TH ANNUAL SACRED HEART RUN FOR THE SON

Name: _____

Male

Female

Address: _____

5k

10k

1mi

City, State, Zip: _____

DOB: ____/____/____

Phone: (____) ____-____

Email: _____

Shirt Size:

S

M

L

XL

XXL

Prefer women's cut?

Yes

I knowingly enter the 2016 Sacred Heart Run for the Son 5k, 10k, or 1mi Fun Run. I do so at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation. I further agree that neither heirs nor assigns will hold liable any representative of Sacred Heart or its sponsors as a result of injuries or damages sustained from any participation of any of these events. I further, hereby, certify that I am physically fit to participate in the race for which I am entered on June 11, 2016.

Signature: _____

Date: ____/____/____

(Parent/guardian signature if under 18)

Make checks payable to Sacred Heart and mail to: Sacred Heart - Run for the Son • P.O. Box 817 • Spencer, IA 51301