

Second Annual SAINT JAMES SCHOOL ALUMNI 5K RUN

When: Saturday, April 30, 2011; 8 a.m. start time
Where: Saint James School (Alumni Hall parking lot)



Course: Predominately a road race through the beautiful Saint James School campus. Fairly flat. For safety and liability insurance requirements, unauthorized vehicles, bicycles, skateboards, roller and inline skates, standard strollers, infant backpacks and frontpacks, and dogs are prohibited on the 5K course.

Pre-Race Timing: Ruff Fitness will conduct a pre-race warmup clinic at approximately 7:30 a.m. James Munnis (Two Rivers Treads) will provide the timing-device equipment.



Fees: ► **Pre-registration: postmarked by APRIL 15, 2011** or register online at www.stjames.edu/Alumni5KRun **\$15** for Saint James School alumni, staff, faculty and children; **\$20** for all others.
 ► **After April 15 and on Race Day: \$25 for all runners**

There are a limited amount of shirts on race day so make sure to pre-register in order to be guaranteed a shirt. Packet pick-up and race-day registration will take place at Alumni Hall from 6:45 - 7:45 a.m. Non refundable and non transferable. **LIMITED TO THE FIRST 200 ENTRANTS.**

Shirts: All pre-registered entrants will receive an official stay-dry, short-sleeved shirt. There are a limited number of shirts available on race day. Men's and women's cuts available.

Awards: Top male and female alumni finishers will be presented with awards; medals to all Top 2 age category finishers, plus Top 3 overall place winners. All children 12 and under will receive awards.

Extras: Two water stations on the course; post-race refreshments. Complete official results posted after race. Results will be listed on the school's Web site. Shower/restroom facilities available.

Directions: **From Route I-70:** Take exit 29. South on Rt 65 for 1 mile (toward Sharpsburg & Antietam Battlefield). Right on College Road for 2 miles. **From Route I-81:** Take exit 1 in Maryland. East on Rt. 68 for 5 miles (towards Boonsboro & Antietam Battlefield). Left on College Road for 1/2 mile.

Contact: Michael Straley, Saint James School Director of Communications, Telephone: 301-733-9330 ext. 3039 or e-mail: mlstraley@stjames.edu. Nicholas Kinney and Jim James are the race-day coordinators.

DETACH and MAIL -----

Please clearly print all information You can also register online at www.stjames.edu/Alumni5KRun



Make checks payable to: Saint James School
 Mail Entries To: Michael L. Straley, Director of Communications
 Saint James School, 17641 College Road, St. James, Maryland 21781

Name: _____ Sex: _____ Age (as of 4/30/2011): _____
 Street Address: _____ City: _____ State: _____
 Zip Code: _____ Phone: _____ E-mail: _____

Alumnus of the School? YES ___ (Graduation Year: _____)

T-shirt size:
 Men's adult: small medium large X-large XX-large
 Women's adult: small medium large X-large XX-large

In consideration of this entry form being accepted, I hereby for myself (my child), heirs, executors and administrators waive and release any claims that I may have against the race officials, sponsors, Saint James School, Town of Saint James. I certify that I (my child) am/is physically fit for this event.

Entrant's signature (parent/guardian must sign if the entrant is under age 18): _____ Date: _____