

St. John 5K Run/Walk & Fun Run

Date: May 23, 2009

Time: 8:00am



**Ballenger Creek Park *New Location*
Shelter 2 / 5420 Ballenger Creek Pike
Frederick, MD 21703**

- **Start & Finish:** 5k starts at 8:15 am. Fun Run starts at 8:00 am near pavilion.
- **Course:** Scenic and challenging cross country~¼ mile on road. Primarily grass.
- **Registration:** \$20 for 5K/\$25 after May 9th. \$5 for Fun Run/\$7 after May 9th. *Family Package of two 5K registrations includes one free fun run registration.* Online registration available at www.active.com. (Note: Family registration not available via active.com)
- **Gifts:** Guaranteed to pre-registered 5K entrants.
- **Packet Pickup & Late Registration:** Race packets can be picked up and runners can register for the race on May 22nd from 6-8 pm at the pavilion in Ballenger Creek Park or on race day from 7:00-7:45 a.m.
- **Post Race Prizes:** Refreshments and outstanding random prizes will be given away after the race.
- **Awards:** Trophies go to top 3 male and female finishers along with awards to top 3 male and female finishers in following age groups: 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+. All Fun Runners receive an award.
- **Information:** Contact Lisa Hickman @ 301-473-4535, or visit www.sjrccs.org. 5K training program available on website.
- **Results:** www.steeplechasers.org



**All proceeds benefit
St. John Regional Catholic School.**

Saint John Regional Catholic School 5K and Fun Run- May 23, 2009 - 8:00 am

PLEASE COMPLETE ONE FORM FOR EACH PARTICIPANT

Entry Form: Checks payable to SJRCs can be mailed to Race Director Lisa Hickman, 3432 Livingston Drive, Jefferson, MD 21755

Participating in: 5k ___ Fun Run ___ Age on Race Day ___

Name _____ M/F ___ Email _____

Address _____ Evening Phone _____

Total Amount Enclosed \$ _____ **Waiver:** I understand that running or walking a race course is a hazardous activity and that I am physically prepared for this event. I hereby waive all claims and damages against St. John Regional Catholic School and any other organizers or sponsors for any injury I may suffer in this event.

Runner's Signature _____ Date _____

Parent/Guardian(for participants under 18) _____ Date _____

How did you hear about the race? _____