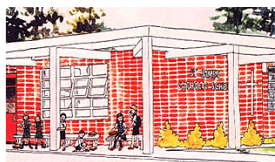


# St. James Elementary School Fitness Run/Walk

## 5-K Run/Walk and 1-Mile Kid's Run

### Saturday, April 16<sup>th</sup>



#### ENTRY FEE (both 1mile and 5K):

\$12 Children ages 12 and under  
 \$15 Ages 13 and over  
 Checks payable to St. James School  
 All proceeds benefit St. James Teacher's Fund

#### LOCATION

Run/Walk Starts and Finishes at **Bayou Bluff Tennis Club (11553 W. Taylor Rd, Gulfport – near Run-N-Tri store off Cowan Lorraine Rd.)**

#### COURSE

Accurately measured, well marked, flat course through scenic neighborhoods

#### STARTING TIME

Registration begins at 8:00 a.m.  
 9:00 a.m. – 1-mile Run/walk  
 9:30 a.m. – 5K Run (Walkers welcome, but not separate category)

#### AWARDS:

Trophies awarded to the top 3 overall finishers male and female. Also to the 1st overall Masters, 1st Grand Masters, & 1<sup>st</sup> Seniors, male and female. Age award trophies to the 1st three finishers in each of the following age groups, male and female:

**5K:** 12 and under, 13-19, 20-29, 30-39, 40-49, 50-60, 60 and over  
**1 mile:** 6 and under, 7-8, 9-10, 11-12, 13-18

#### REFRESHMENTS

Post-Run Party and Refreshments at Bayou Bluff.

#### INFORMATION

For More Information, call Michelle Pisciotta at 228-697-1367

## St. James 5-K and 1 Mile Run/Walk

Check One:  5-K Run/Walk  1 Mile Run/Walk

T-shirt Sizes (Check One)

Adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Child XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_

Name \_\_\_\_\_ Gender: \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If St. James student: Grade \_\_\_\_\_ Teacher's name \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I waive, release, and hold St. James School, St. James Parish, and all sponsors harmless from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to use any photographs, recordings or any other record of this event for any legitimate purpose.

Date \_\_\_\_\_

Signature (parent or guardian if under 18) \_\_\_\_\_