



Sacred Heart Catholic School Crusader 5K / 1 Mile Fun Run

Neon Knights

Date: Friday September 20, 2013 **Time:** 6:00 p.m.
Course: Next to Sacred Heart Elementary School at Town Square Park A - 1 mile fun run will immediately follow the 5K run.
REGISTRATION: ENTRY FEES ARE NON-REFUNDABLE

Pre-registered entrants for 5K and/or 1 mile fun run: Ages 15 and up: \$25.00, SHS Faculty and Staff: \$20.00, Pine Belt Pacer Members: \$20.00. **Children 14 and under:** \$20.00 for the first child, \$5.00 per child for each additional child.
Pre-registered entries should be post-marked or received by the school on or before Tuesday September 10, 2013 and will be guaranteed a race t shirt. Please make checks payable to Sacred Heart School (SHS), and put SHS 5K on the memo line. Please mail completed registration forms to: **Sacred Heart School, C/O Crusader 5K, 608 Southern Avenue, Hattiesburg, MS 39401. SHS Families:** Please send your registration forms / fees to school in a clearly marked envelope.
Late and Race Day Registration for 5K and/or 1 mile fun run: All ages, Pine Belt Pacers, SHS Faculty and Staff: \$30.00
T-shirts are guaranteed on race day to those who register by Tuesday September 10th, 2013.
Early Packet Pickup: Thursday, September 19, 2013 from 5:00 - 7:00p.m. and Friday September 20 from 7:30-9:00a.m. outside of the elementary school administration building.
On-Site Packet Pickup and Registration: between 4:30-5:30 p.m.
Awards: Top two male and female finishers in each of the following age groups: 6-and-under, 7-8, 9-10, 11-12, 13-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. **All 5k and 1 mile fun run finishers will receive a finisher medal.**
Post Event Activities: party in the park for everyone. There will be a band for entertainment and burgers, beers, and soft drinks for sale. The awards ceremonies will immediately follow the one mile fun run.
Questions: please e-mail questions to hayden.rhonda@gmail.com



Crusader 5K Registration: (Detach and return).....

Name	Age	T-Shirt size	5K or 1 mile	SHS students only teacher and grade

T-shirt sizes available: (ADULT) Small/Medium/Large/XL/XXL (YOUTH) Small/Medium/Large.

In consideration of this entry acceptance, I/we, the undersigned, as participant(s) in the SHS Crusader 5K/1 mile fun run, waive any and all rights and claims for myself, heirs, executors, and administrators of damages that I might have against Sacred Heart Catholic School, its members and volunteers, sponsors, and any officials who may be directly or indirectly connected with this race in case of injuries, loss, or death sustained by my participation. I further state that I am in proper physical condition to participate and compete in the SHS Crusader 5K/1 mile fun run and that I am not participating against a physician's advice, nor am I taking medications that would deter my health in the participation of the race.

Signature: _____ **Participant Name:** _____ **Date:** _____

I have executed this waiver as the parent or guardian of the following children under the age 18:

Signature of Parent/Guardian: _____ **Name of the Parent/ Guardian:** _____ **Date:** _____