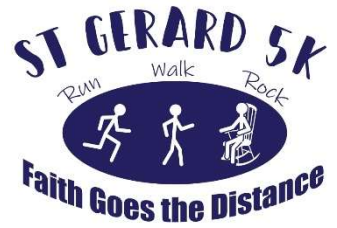


# St. Gerard 5K *Run, Walk, Rock!* Saturday May 4, 2019



- Events:** 5K Run/Walk. Senior rocking chair rock (during 5K). 1/2 mile Fun Run for kids. Awards ceremony after all events.
- Location:** St. Gerard Church at 4437 W. Willow Hwy, Lansing. Start at Fr. Weber Hall.
- Start Time:** Runners start at 9:30am. Walkers & Rockers follow. Kid Fun Run after 5k.
- Rain or Shine:** This event will occur rain or shine. In extreme weather, we reserve the right to cancel the race. In that event, all entry fees will be used as a donation to St. Gerard Church.
- Registration:** Register online at [www.stgerard.org](http://www.stgerard.org) under Resources then Parishioner Tools & Forms or mail/drop off registration forms to St. Gerard Church, 4437 W. Willow Hwy., Lansing, MI 48917. Cost is \$20 per individual or \$60 per family (immediate family members) by **April 16th** (\$25 individual/\$65 family after April 16th). Please make checks payable to St. Gerard Church. Sign up available race day morning.
- Shirts:** All participants registered by **Tuesday, April 16th** are guaranteed a t-shirt.
- Awards:** Awards will be given to overall Male and Female winners. Also, awards will be given in each age category (9 and under; 10-12; 13-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70+).
- Packet Pickup:** Friday, May 3th: 10:30am-12:30pm at St. Gerard Parish Center Rooms 135 & 137. Race Day: 8:00am in tent outside Father Weber Hall.
- Information:** Contact Aimee Killingsworth at 517-803-0919 / [aimee.killingsworth@gmail.com](mailto:aimee.killingsworth@gmail.com) or Katie Terranova at 517-290-5107 / [katieterranova@gmail.com](mailto:katieterranova@gmail.com)

PLEASE FILL OUT THE ATTACHED REGISTRATION FORM AND HAVE ALL PARTICIPANTS SIGN THE WAIVER. THANK YOU AND WE HOPE TO SEE YOU THERE!!



# St. Gerard 5K Registration Form



Date \_\_\_\_\_

Name \_\_\_\_\_

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

Total Cost: Make checks payable to St. Gerard Church.

By April 16	After April 16
Individual - \$20	\$25
Family - \$60	\$65

Participant Name (print)	Participant Signature for Waiver (see below)	Event * (Run, Walk, or Rock)	Male/Fe male	Age on Race Day	Shirt Size & Type**(see below)

\* You do not need to register for the Fun Run unless you want a t-shirt.

\*\* Available shirt sizes are: Youth S, M, L, or XL (crew only) & Adult S, M, L, XL, or XXL (crew or v-neck)

**Waiver:** By submitting this entry form, I hereby, for myself, my heirs and my executors, waive all rights and claims for damages I may have against St. Gerard Church and all sponsors and race management organizations for injuries suffered by me in this event. I attest that I have trained sufficiently to participate in this event and I am physically fit. **Please have each participant sign in the space above if over 18. If under 18, parent signature required.**