

We are now members of the

Tri-County Run/Walk Series



Sacred Heart School
208 S. Market St
Hudson, MI 49247
Phone: (517)448-6405

Race Director Angela Czeiszperger
Phone: (517) 523-3383
E-mail: shs5k@sacredhearthudson.org
www.sacredhearthudson.org/shs5k

SHS



Fun Run
and Walk

Sacred Heart School
100th

5K

Run For Your Heart ...
And Ours!

Saturday, June 8, 2019

9:00 am

**Join us in a celebration
of healthy hearts as we
race for**

**SACRED HEART
SCHOOL**

**All runners and walkers
are welcome to
participate!**

RACE DAY INFORMATION

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against Sacred Heart School, any of the race sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

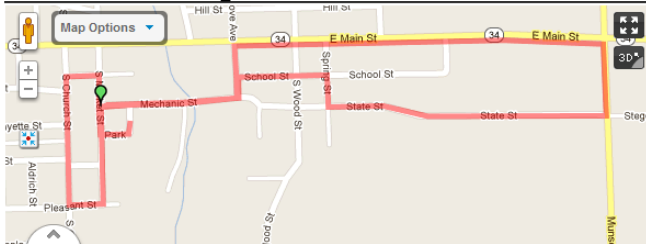
Entry fees:

- Free - Truckin' Tots (\$10.00 for a T-Shirt)
- \$13.00 Running Runt 1K
- \$20.00 SHS 5K registration (Free t-shirts for those who register for the 1K or 5K before May 24th otherwise shirts on race day are first come first serve \$10 each).

Packet Pick-Up:

Packet pick up will be from 7:15am to 8:40am in the basement of Sacred Heart School.

Course Map:



For a larger map and more course details, please check out our website (www.sacredheartudson.org/shs5k).

The 5K Course:

Start: At the intersection of S. Market St and Mechanic St. 9:00am
Finish: St. Giles St.

The 1K Course:

Start and Finish: Same as the 5K. Run up the hill to Summit St. Turn Right, then follow the 5K course through the start line continuing around the block to the finish. 8:30am Start.

The Truckin' Tots Course:

Same start and finish lines as the 5k, but the children will be sprinting around the S. Market St / Park St / St. Giles St block. Starts after the 5K (The course is about 200m).

PRIZES:

5K: The overall top 3 will receive trophies. Medals will be awarded to the top 3 in all age and gender groups.

1K: Ribbons for the top three boys and girls.

Truckin' Tots: Participation Certificates for all racers. This race is for ages 4 and under.

Age Groups: 0-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

We are pleased to invite you to our eighth annual SHS 5K race. Exercise is an important part of good health, and every step we take leads us closer to being physically fit. At SHS our students learn the importance of being spiritually, physically, and mentally fit. While participating in our running club activities, students race toward a healthy lifestyle. **Racers of all fitness levels are welcome to participate, whether you walk the course or run it!**

For more information:

Email: shs5k@sacredheartudson.org
Phone: (517)448-6405

SHS 5K Registration Form June 8, 2019

Circle one: 5K (\$20) Running Runts 1K (\$13) TT w/ shirt (\$10)

Name: _____ Birth Date: _____ M / F

Address: _____ Phone #: _____

City: _____ State: _____ Zip: _____

T-Shirt Size: YS YM YL S M L XL XXL (\$2.00 extra)

Signature: _____

If under 18, signature of legal guardian.

Mail to: 208 S. Market St, Hudson, MI 49247 Race official only

Or Drop off at the School or Rectory. BIB # _____

Make Checks Payable to: Sacred Heart School

