

HOLY CROSS SCHOOL

1008 Jefferson Street • Mendota, IL 61342 • 815-539-7003 • shamrockhcs5K@gmail.com

SHAMROCK 5K RUN / WALK

SATURDAY, MARCH 9, 2019 • RACE START TIME 10:00 AM



2019 LONG SLEEVE T-SHIRT

RACE INFORMATION:

- **Entry Fee: \$25** if postmarked by February 25, 2019; fee increases to \$30 if registered between 2/26 – 3/9
- **Official HCS t-shirt for participants** (shirts only guaranteed for participants who pre-register by February 25, 2019. Shirt pickup day of race)
- Registration / Check-In opens race day at 8:30 a.m. at Holy Cross School. See reverse side for designated parking.
- Race starts and ends at Holy Cross School. Race will be through the streets of Mendota. No trail running. (Course map on reverse side.)
- **USATF CERTIFIED 5K Course & Finish Line** by Starved Rock Runners Ltd.
- Walkers start immediately after runners. All traffic control and water stations will be pulled from roads as last runner passes. Not responsible for late starters on the course.
- **Awards** will be presented to the 1st overall male & female runners in the 5K
- 1st - 3rd places will be awarded medals in each age division for male/female
- **Think Green! Wear Green! Fun Prizes!**
- **Refreshments following race!**
- Age divisions: (9 and Under, 10-12, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over)
- **PROCEEDS TO BENEFIT HOLY CROSS SCHOOL**
- Race continues rain or shine. In case of severe weather leading to cancellation, thank you for your donation. No refunds.

For more race information, like us on [Facebook at HOLY CROSS CHURCH & SCHOOL-MENDOTA](#) or email shamrockhcs5K@gmail.com.

REGISTER NOW! Pre-register by February 25, 2019 for just \$25 and to be guaranteed a race t-shirt!

Complete the entry form below and return with payment to Holy Cross School, 1008 Jefferson St., Mendota, IL 61342.

Make checks payable to Holy Cross School.

Or you can [go green](#) and register online with a credit card: www.runrace.net. Minimal fee applies for online registration.

ENTRY FORM:

Name _____ T-SHIRT SIZE (circle one) YS YM YL S M L XL XXL
Shirts will not be mailed prior to race. Pickup day of race.

Address _____

Phone _____ Email _____

Birth Date _____ Age on race day 3/9/19 _____ Male _____ Female _____

I am a Holy Cross School (check all that apply) Student _____ Parent _____ Alumni _____ Parish member _____ Friend _____

PARTICIPATION WAIVER: I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity that my minor child and/or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child may be entitled to (or accrue to me or my minor child) as a result of participating in these programs/activities against: Holy Cross School/Parish, Catholic Diocese of Peoria, Starved Rock Runners, LTD., Mendota City of Commerce, City of Mendota, Mendota Township, including its officials, sponsors, volunteers, and employees. I do hereby fully release and forever discharge Holy Cross School/Parish from any and all claims for injuries, damage or loss that my minor child or I may have or which may accrue to me or my minor child and rising out of, connected with, or in any way associated with these activities. Participants registering or their parents hereby permit the taking of photographs, audio, or videotaping during the Holy Cross School/Parish Activities for publication and use of Holy Cross School/Parish deems appropriate. I further state I have trained adequately and am in suitable condition to compete in this event.

I have read and fully understand the above and waive and release all claims.

SIGNATURE (parent or guardian if under 18 years of age)

DATE

For Office Use Only

CASH \$ _____
CREDIT CARD \$ _____
CHECK \$ _____ CHECK # _____
ONLINE \$ _____
OTHER _____

SHAMROCK 5K RUN/WALK USATF CERTIFIED 5K COURSE



Parking available in Holy Cross School parking lot off Monroe Street.

Please no parking on Michigan Ave., Monroe Street, Pennsylvania Ave. or Jefferson Street.

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