

St. Jacob Homecoming #ROSSRUNS #IRUN



Service project by Ross Bushur and the
Father McGivney Running Griffins

1st Annual 5K Run/Walk Saturday July 15, 2017

Place: St. Jacob Park, 239 W. Main St., St. Jacob, IL 62281
Time: The 5K will begin at 8 am, rain or shine. Packet pick-up and registration Friday July 14 at the St. Jacob Homecoming
Packet pick-up and Race day registration begins at 7 am on race day
Registration: Mail entry to: Ross Bushur
509 Dakotah St.
St. Jacob, IL 62281

Entry Fee: \$15 before 7/1/17 \$20 7/2/17 \$25 Race Day
Team or family of 4 or more \$15 per person before 7/10/17

5K Run Awards: 1st overall - Male & Female
1st overall - Masters (40 & over) – Male & Female
1st Team – Male, Female & Family
1st-3rd age group awards – Male & Female 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over

1st 100 entries get a free Purina cooler cinch bag

All participants 18 and older registered in the 5K and/or the free **FUN TO BE FIT** Program will be entered to win a free couch from Klausner Home Furnishings
Cardinal Glennon SportsCare Clinic
Fun music, awards, amazing raffle prizes & a refreshment tent

Complete the entry form below and return it with your entry fee made payable to the St. Jacob Homecoming
Ross Bushur
509 Dakotah St.
St. Jacob, IL 62281

Info: Ross Bushur or Suzy Bushur at 618-477-7686

Facebook: Fun To BE Fit #RossRuns IRun 5K Program

#ROSSRUNS #IRUN 5K run/walk Registration Form

NAME: _____ Birth date: _____ Age on Race Day: _____ Sex: M F

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____ TELEPHONE: _____

EMAIL: _____ Individual or Team (circle one) Team Name _____

Shirts sold separately for \$15 (circle size and add \$15 to your entry fee)

SHIRT SIZE: (circle one only) Youth M L Adult Unisex S M L XL XXL NO SHIRT

Waiver & Release: By participating in the #ROSSRUNS #IRUN 5K run/walk, I the undersigned, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the St. Jacob Homecoming/ #ROSSRUNS #IRUN, their representatives, officers, agents, employees, volunteers, and successors and for any and all injuries suffered by me in this event, including pre and post race activities. I attest and verify that I am physically fit and have sufficiently trained for this event. I understand this race is not intended for strollers, baby joggers or dogs. Children under 18 must have a parent's signature. I have read and fully understand the above athletic event and Waive and Release all Claims.

Signature: _____ Date: _____

All participants must sign. Parent or guardian must also sign if participant is under the age of 18 years.

Some Proceeds will benefit the Cross Country Team at Father McGivney High School.