

ST. ALBERT THE GREAT



Saint Albert's

Run with the STAGS 5k run/walk and student mile

August 20th 2010 7:00pm mile/7:30 5k

Kick off to a healthy school year by taking part in this first annual event. All proceeds benefit students with specific needs and health programs at St. Albert school.

Both races will start and finish in the parking lot at Saint Albert 104 W. Dorothy Lane Kettering

Pre-register now through August 15th at www.speedy-feet.com or mail entries to Speedy Feet, Stag Run, 1381 Falke Dr., Dayton, Ohio 45432.

5k - \$15 through Aug 10 and includes a t-shirt. After Aug 10 and race day, \$20 t-shirt not guaranteed.

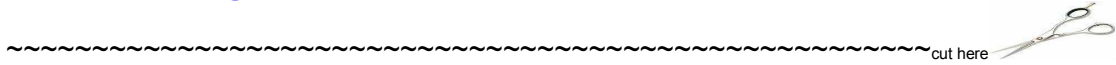
1 Mile - \$10 through Aug 10 includes t-shirt. After Aug 10, T-Shirt not guaranteed.

Make Checks payable to Speedy-feet.

5k Awards: Cash prizes to the top 3 overall male and female finishers and top male and female master. Age group awards to top 3 finishers. All registered participants will be eligible for door prizes. Refreshments and post race party at the finish.

Mile Awards: All students will receive a finisher's token

For more information visit www.speedy-feet.com or contact Christina Johnston at christinahaverfield@hotmail.com or 937-671-3394



Name _____ Race 5k ___ or 1mile ___

Address _____

City, State, Zip _____

Phone _____

Email _____

Sex: M F

Age on Race Day _____ T-Shirt Size: YS, YM, YL, S, M, L, XL, XXL

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this race including - but not limited to - falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf, waive and release Saint Albert the Great 5K, its volunteers and all our sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity.

Signature

Date

Signature of parent/guardian if under 18 years of age

Date