



St. Gerard 5K *Run, Walk, Rock!* Saturday May 5, 2018



- 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 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 17th** (\$25 individual/\$65 family after April 17th). Please make checks payable to St. Gerard Church. Sign up available race day morning.
- Shirts:** All participants registered by **Tuesday, April 17th** are guaranteed a t-shirt. There will be no race day sign up for t-shirts.
- 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 4th: 10:30am-12:30pm at St. Gerard Parish Center Rooms 135 & 137. Race Day: 8:00am in tent outside Father Weber Hall.
- Information:** Contact Carrie Pence at 668-8219 or pences@comcast.net or Jane Kleiman at 669-5773 or janekleiman7@yahoo.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 17	After April 17
Individual - \$20	\$25
Family - \$60	\$65

Participant Name (print)	Participant Signature for Waiver (see below)	Event * (Run, Walk, or Rock)	Male/ Female	Age on Race Day	Shirt Size **(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 and Adult S, M, L, XL, or XXL.

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.**