

**SAINT JOHN**  
**5K RUN/WALK AND FUN RUN**  
*Saturday, May 24, 2008 - 8:00am*



**NEW LOCATION: UTICA DISTRICT PARK**  
*10200 Old Frederick Rd (across 15 from Lynfield Event Complex)*

***\*Bring picnic lunch for post-race (there are grills)!!***

All proceeds from this event benefit Saint John Regional Catholic School

- ✓ **Start & Finish:** 5k starts at 8:15 am. Fun Run starts at 8:00 am near pavilion.
- ✓ **Course:** Scenic and challenging cross country~ $\frac{1}{4}$  mile on road. Primarily grass.
- ✓ **Registration:** \$15 for 5K/\$20 after May 3rd. \$3 for Fun Run/\$5 after May 3rd. Online registration available at [www.active.com](http://www.active.com).
- ✓ **Shirts:** Guaranteed to pre-registered 5K entrants.
- ✓ **Packet Pickup & Late Registration:** Race packets can be picked up and runners can register for the race on May 23rd from 6-8 pm at the pavilion in Utica Park or on race day from 7:00-7:45 a.m.
- ✓ **Post Race Prizes:** Outstanding random prizes will be given away after the race.
- ✓ **Awards:** Trophies go to top 3 male and female finishers along with awards to top 3 male and female finishers in following age groups: 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+. All Fun Runners receive an award.
- ✓ **Information:** Contact Lisa Hickman @ 301-473-4535, or call St. John School at 301-662-6722 or visit [www.sjracs.org](http://www.sjracs.org).
- ✓ **Results:** [www.steeplechasers.org](http://www.steeplechasers.org)

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Saint John Regional Catholic School 5K and Fun Run-May 24, 2008 - 8:00 am

**PLEASE COMPLETE ONE FORM FOR EACH PARTICIPANT**

Entry Form: Checks payable to SJRCs can be mailed to Race Director Lisa Hickman, 3432 Livingston Drive, Jefferson, MD 21755

Participating in: 5k\_\_\_\_Fun Run\_\_\_\_Shirt Size (5K only):XL\_\_L\_\_M\_\_S\_\_Age on Race Day\_\_\_\_  
Name\_\_\_\_\_M/F\_\_\_\_Email\_\_\_\_\_  
Address\_\_\_\_\_Evening Phone\_\_\_\_\_

Total Amount Enclosed \$\_\_\_\_\_ **Waiver:** I understand that running or walking a race course is a hazardous activity and that I am physically prepared for this event. I hereby waive all claims and damages against St. John Regional Catholic School and any other organizers or sponsors for any injury I may suffer in this event.

Runner's Signature\_\_\_\_\_Date\_\_\_\_\_

Parent/Guardian(for participants under 18)\_\_\_\_\_Date\_\_\_\_\_

How did you hear about the race?\_\_\_\_\_