

SPLHS Homecoming 5K Doughnut Run/Walk – Entry Form

Sponsored by SPLHS Junior Class

Name: (please print) _____

Address: (street/city/state/zip) _____

Phone: _____ E-mail: _____

Emergency Contact: (name/phone): _____

I will participate in the following event: (mark one) 5K Run/Walk _____ 5K Doughnut Run/Walk _____
 Snooze Option _____

Adult T-Shirt Size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___ Youth T-Shirt Size: 6/8 ___ 10/12 ___ 14/16 ___

We will also have a snooze button option where you can pay the entry fee and receive a T-Shirt without running the race. Shirts can be picked up after the race for this option.

This release and waiver is executed on the below signed date. Knowingly, and at my own risk, I am participating in the SPLHS 5K Doughnut Run/Walk. I do hereby waive/release any and all claims against the group, St Paul Lutheran High School (SPLHS), all event sponsors, and any employee, volunteer, or officials of these organizations from claim of injury (including death) that I may incur as a result of my participation. I further hereby certify that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the SPLHS 5K Run/Walk, I require medical attention, I hereby give my consent to authorize medical personnel to provide such medical care as deemed necessary.

Signature of the participant: _____ Date: _____

Signature of the parent/guardian: _____ Date: _____

(Required if participant is under 18 years of age)

SPLHS Homecoming 5K Doughnut Run/Walk Information

When: September 30, 2017

Where: SPLHS – Start at Krueger Hall parking lot

Entry Fee: \$20.00 if paid by September 22, 2017 or \$25.00 September 23, 2017 or after.

Registrations must be received by September 22nd at noon to guarantee a t-shirt.

The Doughnut run will involve eating a doughnut at the start of the race, the 1 and 2 mile marks as well.

Make checks out to "SPLHS" with "Class of 2019" on the memo line.

Mail to SPLHS, 205 S. Main, Concordia, MO 6420, Attn: Eric Gramenz

Check-in/Late Registration: 7:00 – 7:50 AM

Run/Walk starts at 8:00 AM

Course
1) Start in parking lot of Krueger Hall
2) Proceed around the quad in counter clockwise direction
3) At Krueger Hall, turn right and head for 4 th Street
4) At 4 th Street, turn left and head for Maple Street
5) At Maple Street, turn right and head for 12 th Street
6) At 12 th Street, turn right and head for Orange Street
7) At Orange Street, turn right and head for 4 th Street
8) At 4 th Street, turn right and head for College Drive
9) At College Drive, turn left and head for 2 nd Street
10) At 2 nd Street, turn left and head for Main Street
11) At Main Street, turn right and head for the St. Paul's High School entrance
12) At St. Paul's High School entrance, turn right and proceed around the quad in counter clockwise direction
13) Finish line is in front of Krueger Hall