



THE **FOUNDATION**
 FOR THE BENEFIT OF **HELIAS** CATHOLIC HIGH SCHOOL

2017



HOMECOMING 5K RUN/WALK

*Let us run with endurance
 the race God has set before us.
 Hebrews 12:1*

SEPTEMBER 30, 2017

Registration Fee:

Age 7 and up.....	\$20.00
Kids Dash (Age 6 and under).....	FREE

PRE-REGISTRATION:

Pre-register by **September 20, 2017** to receive
 guaranteed t-shirt size

Race Course:

5K Run/Walk begins and ends at
 NEW Crusader Athletic Complex



09-30-17

REGISTRATION FEE

- Age 7 and up.....\$20.00
- Kids Dash (Age 6 and under).....FREE

(Kids Dash does not include race shirt)

PRE-REGISTRATION

- Pre-register by **September 20, 2017** to receive guaranteed t-shirt size.
- Pre-register online at **www.heliasfoundation.org** OR pick up registration form at the Helias Catholic High School office or Helias Foundation office.
- Mail completed registration form and payment (**made payable to Helias Foundation**) to Mike Bruns - c/o Helias Foundation 1305 Swifts Hwy - Jefferson City, MO 65109

PACKET PICK-UP

Pick up pre-registration packets on Friday, September 29, 2017 at Helias Foundation office - 1305 Swifts Hwy. from 9:00 AM - 3:00 PM OR on Saturday morning, September 30th in the Helias Catholic High School Commons.

RACE SCHEDULE (Day of Event - Saturday, September 30, 2017)

- 8:00 - 8:45 AM.....Registration & Pre-registration Packet Pick-up in Helias High School Commons
- 8:45 AM.....25 Meter Kids Dash on **NEW Crusader Athletic Complex Track**
- 9:00 AM.....5K Run/Walk beginning at **NEW Crusader Athletic Complex**
- Awards Presentation after completion of race at **NEW Crusader Athletic Complex**

RACE COURSE

- Race begins and ends at **NEW Crusader Athletic Complex** - details on our website at: www.heliasfoundation.org
- Don't miss this outing perfect for everyone from competitive runners to families with strollers.
- Restrooms available at Helias Commons
- Sorry, no pets, rollerblades or bikes on course.

AGE DIVISIONS

- Kids Dash (age 2-6), 10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Older

AWARDS

- Awards will be presented to the overall first place male & female participants, and also to the top three male & female in each age group. All children in the Kids Dash will receive a prize.

<p>Name _____</p> <p>Address _____</p> <p>Phone: H _____ C _____</p> <p>Email _____</p> <p>DOB ____/____/____ Age ____ Male ____ Female ____</p> <p>____ Runner/Walker ____ Kids Dash</p>	<p>T-Shirt Size: (Please circle size requested)</p> <p>Youth: L Adult: S M L XL XXL</p> <p>Waiver: I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature. I accept full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability Helias High School, Helias Foundation Incorporated, the City of Jefferson and all race sponsors and any race officials.</p> <p>Signature _____</p> <p>Signature (Parent or Guardian) _____</p> <p>Date _____ Amount Enclosed \$ _____</p>
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