

# Jogging for St. Joe's



## 5K Run/Walk

**October 5, 2019**

**St. Joseph School Lockport, IL**

7:30-8:30 a.m. – Registration and Packet pick up

9:00 a.m. 5K begins

10:00 a.m. Kids Dash

Awards Ceremony to Follow

**2 ways to register:**

1. Register online at [www.joggingforjoes.com](http://www.joggingforjoes.com)
2. Complete this form and mail, along with payment, to St. Joseph School  
Attn: Jogging for St. Joe's, 529 Madison Street, Lockport, Illinois 60441  
**A separate form must be filled out for each participant.**

*All Participants Pre-Registered by **September 24th** will receive a goody bag and selected T-Shirt.*  
**VERY LIMITED quantities of T-Shirts will be available for participants registered after September 24<sup>th</sup>.**

**Entry Options –Cotton T-Shirt (check one)**

- 5K Runner/Walker – Cotton T- Shirt \$30.00
- 5K Runner/Walker *Age 15 and Under* – Cotton T-Shirt \$15.00
- Kids Dash (10 and under) – Cotton T-Shirt \$10.00

T-Shirt size (circle one) – YS YM YL AS AM AL AXL AXXL

**Entry Options –Performance T-Shirt (check one)**

- 5K Runner/Walker – Performance (Dri-fit) T-Shirt \$35.00
- 5K Runner/Walker *Age 15 and Under* – Performance (Dri-fit) T-Shirt \$20.00
- Kids Dash (10 and under) – Performance (Dri-fit) T-Shirt \$15.00

T-Shirt size (circle one) – YS YM YL AS AM AL AXL AXXL

Name (First, MI, Last): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_

Emergency Contact and Phone #: \_\_\_\_\_

Gender: (Circle) M or F Age on Race Day: \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

**Payment Information: (Checks Only) (Make checks payable to: St. Joseph School)**

Check # \_\_\_\_\_ Payment amount included with completed registration form: \_\_\_\_\_

**Additional Donation:** I am making an additional donation of \$ \_\_\_\_\_ to St. Joseph School.

**WAIVER AND RELEASE**

**THIS IS AN IMPORTANT WAIVER OF LIABILITY. READ CAREFULLY BEFORE SIGNING AND REGISTERING.**

I do hereby waive and release any and all rights and claims for damage that I may have against the sponsors, agents, officials, St. Joseph School & Parish, all other cooperating agencies in this race, and volunteers of the Jogging for St. Joe's 5K and Jogging for St. Joe's Kids Dash for any injuries suffered in said events or other related activities. I attest and verify that I am physically fit and have trained sufficiently for this event and weather conditions. I understand that proper footwear is required to participate in this event.

Signature \_\_\_\_\_ (Parent or guardian if under 18) Date: \_\_\_\_\_