



# 5th Annual Crusader 5K Run/Walk

**Friday Night, July 26, 2019**

**Run/Walk starts at 7:00pm**

**Tot Dash at 6:15pm**

**Youth 100M Run starts at approximately 6:30pm**

**Where:** 3901 N Mattis Ave, Champaign, IL

Run or walk the beautifully paved roads behind the High School of St. Thomas More. This course provides a safe and fast running/walking experience for all participants. The course is measured as an official 5K, will be professionally chip timed, and will end at the St. Thomas More Stadium. All proceeds will support renovations at Holy Cross School.

**Registration:** *Advanced registration before July 10th*

\$20 – 5k race fee only

\$25 – 5k race fee + unisex cotton shirt

\$35 – 5k race fee + gender specific dri-fit shirt

Day of registration (5pm-6pm) \$30 – 5k race fee only

**Amenities:** Medals will be awarded to the top male and female finisher overall, as well as 3 finishers (male and female) in the following categories: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over. Post-race food and an entry into the door prize drawings for all runners. There will also be a free kids' fun run for children 9 and under at approximately 6:30pm.

**Course Record Holders:** Overall Male, Colin Lee 16:48

Overall Female, Tessa Hanlon 18:57

Race Coordinator: Annessa Parisi

Phone: (217) 649-6076

Email: parisi8@comcast.net

Mail official entry form with a check payable to Holy Cross School Crusader Fund to:

Crusader 5K, c/o Annessa Parisi

1704 Bonnie Blair Drive, Champaign, IL 61822

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## Crusader 5K Run/Walk

Mail to: Crusader 5K, c/o Annessa Parisi, 1704 Bonnie Blair Drive, Champaign, IL 61822

Name \_\_\_\_\_ Race Day Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Event (please circle) **5K Run/Walk** or **5k Team Division** (Team Name \_\_\_\_\_)

5k T-shirt type: No shirt (\$20) \_\_\_\_\_ cotton shirt (\$25) \_\_\_\_\_ dri-fti (\$35) \_\_\_\_\_

Select a t-shirt size: **child: S, M or L** **adult: S, M, L, XL, XXL**

**PLEASE SIGN THE WAIVER ON THE REVERSE SIDE!!**

**5k Run and Walk, Waiver & Release Form**

I, \_\_\_\_\_ (print name), acknowledge that my participation in the 5k Fun Run and Walk involves a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge Holy Cross School and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k run and walk.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_ (If under 18)

**Please return completed waiver with your registration form!**