



Catch the Rabbit

REGISTER ON LINE AT ACTIVE.COM OR THE OLD FASHION WAY BELOW:

PLEASE COMPLETE ONE FORM PER PARTICIPANT

St. John Regional Catholic School's "Spring Forward" 5k/Fun Run will be held on Saturday, April 15, 2017. The race will take place in beautiful Baker Park.

Make checks payable to: SJRCS

Mail to: SJRCS 5K, 8414 Opossumtown Pike, Frederick, MD 21702

Last Name: _____ First Name: _____

M/F: _____ Age on race day: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Participating in: ____ 5K ____ Fun Run

T-shirt Size: Adult: S M L XL XXL

Youth: S M L *(Size guaranteed only if registered by April 1, 2017)*

T-shirt ONLY: \$12 *(Students are allowed to wear shirts to school on April 24th)*

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 (SJRCS) and any other organizers or sponsors for injury I may suffer by participating in this event.*

Participant's Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____
(if participant is under 18 years of age)

COURSE: This is a flat course in beautiful Baker Park. A great race for runners or walkers. We will have volunteers holding Easter Baskets that will have fun surprises on the course route. Also, if a runner is able to catch "The Rabbit" they will earn a special prize that will be announced at the end of the race.

EARLY REGISTRATION UNTIL APRIL 1ST: 5K-\$20, Fun Run (1K) \$10 Family: \$50 (Early Registration also includes free admission to the Easter Egg Hunt immediately following the race at Baker Park. Guarantee T-Shirt)

REGISTRATION STARTING APRIL 2ND:
5K \$30, Fun Run (1K) \$15 Family: \$60

RAIN OR SHINE. NO REFUNDS OR TRANSFERS

Spring FORWARD 5K

ST. JOHN REGIONAL CATHOLIC SCHOOL

APRIL 15, 2017

LOCATION: Baker Park
121 N. Bentz Street
Frederick, MD 21701

START:

Fun Run- 9:00 a.m.
5K - 9:30 a.m.
Registration Day of Race,
Packet pick up: 8:00am

PRIZES: T-shirt for everyone registered by April 1 2017. Awards to top Male & Female finishers in 9 age categories. If anyone "Catches the Rabbit" a special prize will be awarded and announced at the finish of the race. Eggs filled with surprises on the race course.

CONTACT INFORMATION:

Sheila Evers severs@sjrcs.org
301-662-6722