

Annual Run for the Young 5K Run / 1-Mile Walk
 Saturday, May 4, 2019
 St. Lawrence School
 1000 North Greece Road, Rochester, NY 14626
 School Office: 585-225-3870



PRESENTS



Event Schedule

- 8:00 AM On-site registration through 9:30am
 - 9:30 AM Start for 5K Run
 - 9:35 AM Start for 1-Mile Walk
 - 10:30 AM Awards Ceremony
- Post race food and beverage provided in Deacon Hall

Awards

We'll proudly recognize:

- Top male and female 5K run finishers
 - 1st Place - \$100
 - 2nd Place - \$75
 - 3rd Place - \$50
- Medals for top male and female runners in each age group

Sign Up!

Register by April 27 for a free t-shirt!



REGISTRATION

Register online at <https://runsignup.com/Race/NY/Rochester/AnnualRunfortheYoung5K1MileWalk>

5K Race

- \$25 Pre-registration by April 27 to receive shirt
- \$30 April 28th to race day

1-Mile Walk

- \$15 per person
- \$40 per Family ____#

Shirt Size:

Youth ____S ____M ____L
 Adult ____S ____M ____L ____XL

Name Female Male

Address

E-mail address

City, State, and Zip Code

Phone Number

Age on race day _____

Emergency Contact Name

Total Amount Enclosed: \$ _____

Phone Number

Please make checks payable to: St. Lawrence School

Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release St. Lawrence School, St. Lawrence Church, the town of Greece, all event sponsors, race officials and volunteers for any and all claims of liabilities arising out of this event. I also agree to the use of any photo, film, or videotape of the event for St. Lawrence School. I understand that no refunds will be given, even in the event of weather-related cancellation. I have read this information and certify my agreement by my signature.

Signature (Parent/Guardian if under 18)

Date