



St. Joseph's Silly Sweater
5K Run & 1 Mile Fun Run
Saturday, December 12, 2015
St. Joseph Catholic School

Date: Saturday, December 12, 2015

Location: St. Joseph Catholic School Ponchatoula, LA

Time: 1 mile fun run 9:00am & 5K run 9:30am

Attire: Please come dressed in your silliest Christmas sweater. We will have a prize for the silliest sweater worn.

Course: Both the 1 mile and the 5K will be held in the vicinity of St. Joseph Catholic School

Water station: There will be 1 water station along the 5K route

T-Shirts: Guaranteed to runners who pre-registered by November 30, 2015

Awards: We will have a prize for all children 14 & under for the 1 mile fun run. We will also have awards for top male & female as well as the following age groups for the 5K: 15-22, 23-30, 31-39, 40-50, 50+

Registration Location: St. Joseph Catholic School
175 North 8th Street
Ponchatoula, LA 70454
(985) 386-6421

Race Day Registration: Race day registration will start at 8:15am and will end at 8:45am for the 1 mile and 9:15am for the 5K

Race Packet Pick-Up: Available at St. Joseph School Gym on December 11, 2015, between 4pm and 6pm. We will have race packets and t-shirts.

*The St. Joseph 5K and 1 Mile Fun Run will benefit
students of St. Joseph Catholic School.*

5K and 1 Mile Fun Run Registration & Release and Waiver

For and in consideration of my participation in the **St. Joseph Catholic School, Ponchatoula, Louisiana's 5K Run & 1 Mile Fun Run**, I hereby for myself, my heirs, administrators and/or assigns, and/or on behalf of my minor child listed below, agree to release, indemnify, defend and hold harmless St. Joseph Catholic School, Ponchatoula, Louisiana (hereinafter "St. Joseph Catholic School") and The Roman Catholic Church of the Diocese of Baton Rouge, their members, directors, officers employees, volunteers, agents and self-insurance administrators (hereafter the "Released Parties") from any and all liability for personal injury (including physical and/or emotional injuries) or property damage and/or attorneys' fees arising in any manner from the negligence or other fault of any persons and/or entities during my participation in the **St. Joseph Catholic School, Ponchatoula, Louisiana's 5K Run & 1 Mile Fun Run**.

I acknowledge that my or my child's participation in this event is voluntary and that walking in and/or running in a road race is a potentially hazardous activity. I assume all risks associated with running/walking and/or volunteering with the race day events including but not limited to; falls, contact with other participants, the effects of the weather, (including high heat and /or humidity), the conditions of the road, potential traffic on the course, all such risks being known and appreciated by me. I further acknowledge that I and/or my child should not enter the race and run or walk unless I or my child are medically able and/or property trained. I agree to abide by the decision of any race official as to my ability or the ability of my child to safely complete the race. I have read and fully understand the foregoing as being a complete release, indemnity, defense and hold harmless of any and all third persons and/or entities.

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Name (Please Print) _____

Child's Name _____ Telephone _____

Address _____ City, State Zip _____

Volunteers welcome!!!

Call Renee' 985-969-4069 or

Kellie 985-634-5187

Pre-Registration Deadline:

November 30, 2015

Please fill out 1 form per person

Please make checks payable to St. Joseph School

_____ \$15.00 Kids 14 & under

_____ \$25.00 Early Registration through 11/30

_____ \$30.00 Late Registration through 12/11

_____ \$35.00 Race Day Registration 12/12

First: _____ Last: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Gender: M ___ F ___

Race Number

Email Address: _____ Date of Birth: _____ Age: _____

T-Shirt Size (circle one): Yth Sm Yth Med Yth Lg Ad Sm Ad Med Ad Lg Ad XL Ad 2XL

Waivers and Disclaimers

Liability Release (required) I hereby certify that (I am 18 years of age or older) (I am the parent or legal guardian of the participant, who is under 18 year of age). I understand and assume the risks of participation in this event. For myself, my heirs, and assigns I agree to waive, release and forever discharge any claim for injury or damage, and to hold harmless St. Joseph Catholic School, its agents and employees against any claim, loss, liability or expense, including attorney's fees, resulting directly or indirectly from participation in this event.

Signature _____ Date _____

Parents Signature (if under 18) _____ Date _____