



St. Joseph's Annual  
5K Run & 1 Mile Fun Run  
Saturday, April 23, 2016  
St. Joseph Catholic School



*Powered by Perfectly Fit*

**Date:** Saturday, April 23, 2016

**Location:** St. Joseph Catholic School Ponchatoula, LA

**Time:** 1 mile fun run 8:30am & 5K run 9:00am

**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 April 1, 2016

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

**Registration Locations:** Perfectly Fit Performance Sports  
303 W. Minnesota Park, Suite E  
Hammond, LA 70403  
(985) 350-1348

St. Joseph Catholic School  
Ponchatoula, LA  
(985) 386-6421

**Race Day Registration:** Race day registration will start at 7:30am and will end at 8:15am for the 1 mile and 8:45am for the 5K

**Race Packet Pick-Up:** Available at Perfectly Fit Performance Sports on April 22, 2016, between 12pm and 6pm. We will have race packets and t-shirts, as well as store specials for race participants.

*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 properly 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!!!

**Pre-Registration Deadline: April 1, 2016**

Call Mark 985-350-1348 or Kellie 985-634-5187

***Please fill out 1 form per person***

***Please make checks payable to St. Joseph Home & School***

\_\_\_\_\_ \$15.00 Kids 14 & under                      \_\_\_\_\_ \$25.00 Early Registration through April 1st  
\_\_\_\_\_ \$30.00 Late Registration through April 22nd                      \_\_\_\_\_ \$35.00 Race Day Registration April 23rd

First: \_\_\_\_\_ Last: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

<b>Race Number</b>
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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 the Perfectly Fit, 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 \_\_\_\_\_