

We are now members of the  
**Tri-County  
Run/Walk Series**



A special thanks to  
**Hudson High School**  
For the use of their timing equipment.



Sacred Heart School  
208 S. Market St  
Hudson, MI 49247  
Phone: (517)448-6405

Race Director Angela Czeiszperger  
Phone: (517) 523-3383  
E-mail: [shs5k@sacredhearthudson.org](mailto:shs5k@sacredhearthudson.org)  
[www.sacredhearthudson.org/shs-5k.html](http://www.sacredhearthudson.org/shs-5k.html)

**SHS**

The logo features a black silhouette of a runner in mid-stride, positioned in front of a large, stylized red heart. The heart is formed by two curved lines that meet at the top and bottom. The text "Sacred Heart School" is written vertically along the right side of the heart. Below the heart, the text "5K" is written in a large, bold, black font. To the left of the runner, the text "Fun Run and Walk" is written in a smaller, black, sans-serif font.

Fun Run  
and Walk

Sacred Heart School

**5K**

Run For Your Heart ...  
And Ours!

**Saturday, June 8, 2019  
9:00 am**  
**Join us in a celebration  
of healthy hearts as we  
race for**  
**SACRED HEART  
SCHOOL**  
**All runners and walkers  
are welcome to  
participate!**

# RACE DAY INFORMATION

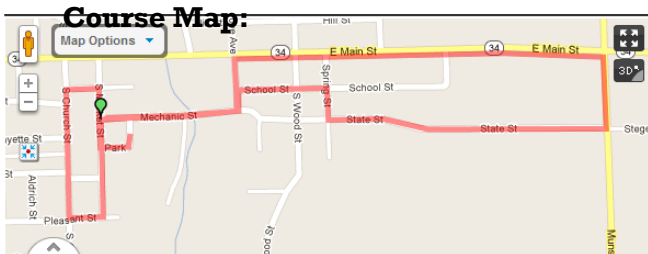
I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against Sacred Heart School, any of the race sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

## Entry fees:

- Free - Truckin' Tots (\$10.00 for a T-Shirt)
- \$13.00 Running Runt 1K
- \$20.00 SHS 5K registration (Free t-shirts for those who register for the 1K or 5K before May 22nd otherwise shirts on race day are first come first serve \$10 each).

## Packet Pick-Up:

Packet pick up will be from 7:15am to 8:40am in the basement of Sacred Heart School.



For a larger map and more course details, please check out our website ([www.sacredhearthurson.org/shs-5k.html](http://www.sacredhearthurson.org/shs-5k.html)).

## The 5K Course:

**Start:** At the intersection of S. Market St and Mechanic St. 9:00am  
**Finish:** St. Giles St.

## The 1K Course:

Start and Finish: Same as the 5K. Run up the hill to Summit St. Turn Right, then follow the 5K course through the start line continuing around the block to the finish. 8:30am Start.

## The Truckin' Tots Course:

Same start and finish lines as the 5k, but the children will be sprinting around the S. Market St / Park St / St. Giles St block. Starts after the 5K (The course is about 200m).

## PRIZES:

**5K:** The overall top 3 will receive trophies. Medals will be awarded to the top 3 in all age and gender groups.

**1K:** Ribbons for the top three boys and girls. Participation certificates for all racers.

**Truckin' Tots:** Participation Certificates for all racers. This race is for ages 4 and under.

Age Groups: 0-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

We are pleased to invite you to our fifth annual SHS 5K race. Exercise is an important part of good health, and every step we take leads us closer to being physically fit. At SHS our students learn the importance of being spiritually, physically, and mentally fit. While participating in our running club activities, students race toward a healthy lifestyle. **Racers of all fitness levels are welcome to participate, whether you walk the course or run it!**

## For more information:

**Email:** [shs5k@sacredhearthurson.org](mailto:shs5k@sacredhearthurson.org)

**Phone:** (517)448-6405

## SHS 5K Registration Form June 8, 2019

Circle one: 5K (\$20)      Running Runts 1K (\$13)      TT w/ shirt (\$10)

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ M / F

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

T-Shirt Size: YS YM YL S M L XL XXL (\$2.00 extra)

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

If under 18, signature of legal guardian.

Mail to: 208 S. Market St, Hudson, MI 49247      Race official only

Or Drop off at the School or Rectory.      BIB # \_\_\_\_\_

Make Checks Payable to: Sacred Heart School

