



Prairie Catholic School presents:

2nd Annual Saints and Soles 5K Run/Walk & Kids Run Celebrating over 150 years of Catholic education in Prairie du Chien!

Event date: Saturday, October 28, 2017

Event time: Registration begins at 8am, kids ½ mile run at 9am, 5K run/walk to follow.

New this year: Costume contest for participants!

Event Cost: Pre-registration before Oct. 11th - \$15
Day of race - \$20
Kids ½ mile run- \$10 (4th grade and under)
Family (includes 3 t-shirts)- \$30



Event location: Start and Finish at the Prairie Catholic School location on Perry Street with a route around historic St. Feriole Island

Please visit our wellness area after the race and enjoy a healthy smoothie on us! *Super Snacks for Super Kids* cookbooks will be available for \$20

drop off locations: Prairie Catholic School office, Southwest Vet Services or Peoples State Bank (downtown), or mail to: 515 N. Beaumont Rd. Prairie du Chien, WI 53821

****Registration before Oct 11th will guarantee a t-shirt****
Please fill out waiver/release on reverse side

Registrant 1) _____

Age/grade _____

T-shirt size(circle one): Youth YXS YS YM YL YXL

Adult XS S M L XL XXL

Adult 5K___ Youth 5K___ Kids' ½ mile run___

Gender M or F

FAMILY (Fill out reverse side)

Costume Contest entry (circle one) YES NO

Email address (for future events): _____

Checks payable to Prairie Catholic School, memo-Saints and Soles 5K

Any questions? call (608)326-8624 -Prairie Catholic School office, (608)306-0771-Juli Smith, or (608) 412-1045-Sarah Holler

EVENT DISCLAIMER: Please review the following waiver and disclaimer. **By adding your signature, you accept this waiver and disclaimer. Waiver and Release:**

I, _____ (print name), acknowledge that my participation in the Saints & Soles 5K Run/Walk & Kids Run may involve a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge Holy Family Parish/Prairie Catholic School, Diocese of LaCrosse and their respective directors, officers, board of trustees, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k run/walk.

Signature: _____

Date: _____

Signature of Parent: _____
(If under 18)

Date: _____

Additional registrant names	Shirt size	Shirt Price- \$10 each	Gender	Age	5K or Kids run	Costume Y/N
2)		Included				
3)		Included				
4)						
5)						
6)						
7)						
Family registration		\$30.00				
Total		\$_____				

