



Shamrock "Race to the Cross" Saturday, June 23, 2018



All proceeds benefit Sacred Heart School Booster Club

ENTRY FEES:

Registration before June 1st: 1-Mile Fun Run/Walk \$15.00 5K & 10K \$20.00
 Day of Race (*No shirt guaranteed*): 1-Mile Fun Run/Walk \$20.00 5K & 10K \$25.00

REGISTRATION:

Online: Active.com or Sheff.org
 Race-Day Registration will be at Sacred Heart School between 6:30am and 7:00am

START TIMES: All races will begin promptly at 7:30am

COMPLIMENTARIES: All pre-registered participants who register by June 1st will receive a race shirt

RESTRICTIONS: Strollers and dogs are allowed ONLY in the 1-mile run/walk

- *All races will begin and end on Sacred Heart School grounds, 407 S. Henrietta Street in Effingham, IL.
- *The 5K race will run down Raney Street to the Cross, then return on the same route.
- *The 10K race will run down Raney Street to the Cross, then return to Raney Street and continue south to E. 1150th Avenue, then return to the school.
- *The 1-mile run/walk will circle the school grounds.
- *Refreshments will be available at Sacred Heart School after the race.
- *Chip timing by 24/7 Timing.
- *Spectators are welcome!

RACE AWARDS

The top female and male finishers in each of the following brackets will be recognized:

5K
13 and under
14-20
21-30
31-40
41-50
51-60
61-70
71 and up

10K
13 and under
14-20
21-30
31-40
41-50
51-60
61-70
71 and up

Cut and return to: Jamiee Sherrod at 9771 N. 1375 Street, Effingham, IL 62401

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

Sex M or F Age _____ on race day

Race: ___ 1 MILE ___ 5K ___ 10K

Shirt Size: Adult S M L XL XXL Child S M L

Waiver: By signing below, I do hereby release and discharge from liability Sacred Heart Parish, the Diocese of Springfield, Illinois, the organizers, event sponsors, supervisors of the "Race to the Cross" race, and their representatives, successors and assigns for any and all causes of actions, claims, and injuries suffered by me in this event, however occurred. I attest and verify that I have sufficiently trained for the completion of this event. As a parent or guardian of the applicant, I hereby consent to the participation of the applicant in the race under the above-mentioned conditions.

Mail to: Race to the Cross, c/o Jamiee Sherrod, 9771 N 1375 St., Effingham, IL 62401 (Please make checks payable to SHS Booster Club)

Signature _____ Date _____
 Parent/Guardian if under 18

For more information contact: Jamiee at (217) 690-6149