

# Spring into Shape 5K



**Run/ Walk**



**Saturday May 11, 2019 9:00 AM**

**Spring into Shape 5K**

Benefitting St. Mary's Central, St. Clairsville  
226 W. Main St- St. Clairsville, OH

### Race Day Information:

Registration opens 7:30 am at St. Mary's Central gym. 5K Run begins 9 am. 5K Walk begins 9:02 am. Awards Ceremony approximately 10 am. The course starts at the St. Mary's Central St Clairsville school parking lot, is run primarily on the north end of The National Road Bikeway, and concludes on a slight uphill finish at the church parking lot.

**Entry Fee:** \$20 pre-registered (until April 19th), \$25 Late and Race Day Registration (April 20th & after).

**No Refunds.** Please make checks payable to St. Mary's Central and mail to  
Spring into Shape 5K, SMC, 226 W. Main St, St. Clairsville, OH 43950

***Door Prizes For Registered Participants***

***Refreshments After the Race***

***Overall Trophies awarded to top 3 Male/Female, per Run/Walk***

***Age Group Trophies awarded 2 per Age Group per Male/Female, per Run/Walk***

**More Race details or register at <http://www.springintoshape5k.org>**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

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

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

Tel. # \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name & Tel #: \_\_\_\_\_

**Please fill out completely:**

Age (Day of Race) \_\_\_\_\_ M/F \_\_\_\_\_

Run \_\_\_\_\_ Walk \_\_\_\_\_

**Race Day Shirt:**

**YS YM YL S M L XL**

**XXL (add \$2) XXXL (add \$3)**

Preregistered participants are guaranteed a race shirt.  
Late registrant shirts are first come, first serve.

### **Waiver**

I agree on behalf of myself, or my heirs, successors, and assigns, to hold harmless and defend St. Mary's Central School, St. Clairsville, its officials, directors and agents, and the DIOCESE OF STEUBENVILLE, volunteers, or representatives associated with the event, as well as Muskingum Multisports and its employees, arising from or in connection with attending the event or in connection with any illness or injury or cost of medical treatment in connection therewith, and I agree to compensate the St. Mary's Central School, St. Clairsville, its officers, directors and agents, and the DIOCESE OF STEUBENVILLE, volunteers, or representatives associated with the event for reasonable attorney's fees and expenses arising in connection therewith. I hereby warrant that to the best of my knowledge, I am in good health, and I assume all responsibility. I also understand I may be photographed during the event and agree to allow use of such photos for legitimate purpose by the aforementioned parties.

Signature (Parent or Legal Guardian if under 18)

Date