



SHAMROCK RACE TO THE CROSS

»»» Fun Run »»» 5K »»» 10K »»»

Saturday, June 25

Proceeds benefit Sacred Heart Parish & School

FUN RUN/OBSTACLE COURSE

One Mile Walk/Run around the Sacred Heart campus with the option to take a detour into an obstacle course.

5K RACE

Race down Raney Street to the Cross, then return to school following the same route.

10K RACE

Race down Raney Street to the Cross, return to Raney Street, continue to E. 1150th Ave. before returning to school.

REGISTRATION: \$20 entry fee for all events. Register by May 27 to receive a complimentary T-shirt. Please note that the entry fee will increase by \$5 on race day. Race day registration will be held from 6:30 to 7 am. Online registration is also available at www.active.com.

RACE DETAILS:

- » All races begin promptly at 7:30 am.
- » Races will begin and end on Sacred Heart School Grounds.
- » Strollers and dogs are allowed ONLY in the Fun Run.
- » Free refreshments are available after the race.
- » Chip timing will be conducted by 24/7 Timing.
- » Spectators are welcome!

RACE AWARDS
The top female and male finishers in each age bracket will be recognized.

Cut and return to: Sacred Heart School, Attn: Race to Cross, 407 S. Henrietta St., Effingham, IL 62401

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

Sex M or F Age _____ on race day

Race: ___ FUN RUN ___ 5K ___ 10K

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

Mail to: Sacred Heart School, Attn: Race to Cross
407 S. Henrietta St., Effingham, IL 62401

For more information please email racetothecross@gmail.com
or call (217) 347-7177.

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.

Signature _____ Date _____
Parent/Guardian if under 18