



5K Run/Walk

Thursday, June 15, 2017

Viking Dash

5K Run/Walk

St. Albert the Great

1395 Girard Drive

Louisville, KY 40222

- ▶ Check in for packet pickup: 6:00 – 6:45 p.m.
- ▶ All ages welcome
- ▶ Race, Run, Jog or Walk the 5k (3.1 mile route) or
- ▶ We will also have a Walk Route- if you want to “cut the course”
- ▶ Start Time: 7:00 p.m.
- ▶ Participants receive a T- shirt (early registrants, race day if available)

Entry fees:

- \$20 before June 9th (postmarked or received by)
- \$10 for ages 14 years and younger
- \$25 after June 9th or Race Day

Registration forms may be picked up at St. Albert the Great.

Race begins at St. Albert the Great, 1395 Girard Drive and follows a flat & fast route through the adjoining neighborhoods.

For more information or to register contact Sean Travelstead: 502.544.7786

Family Fun Night at the Picnic follows the 5k!

ST. ALBERT THE GREAT PICNIC 5K

5 K RUN/WALK

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REGISTRATION FORM

Name: _____ **Age:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____

Email: _____

Sex: Male Female
(Circle one)

Shirt Size: S M L XL
(Circle one)

I will: ___ walk ___ run

Early Registration fee (on or before June 9th): \$20.00 / \$10 for 14 years and younger
After June 9th including day of race: \$25.00

Mail Entries & make checks payable to:
St. Albert the Great
Attn.: Sean Travelstead
1395 Girard Drive
Louisville, KY 40222

RELEASE

In consideration for the opportunity to participate in the 5K Run/Walk activities being held by St. Albert the Great on June 15, 2017, I on behalf of myself and respective heirs, successors and assigns hereby release, discharge and quitclaim unto St. Albert the Great and any and all other affiliated parties any claim for injury, loss or damage of any kind to any person or property or that of any of my respective heirs, successors, assigns, and any minor children for which I am parent, custodial parent or legal guardian who may participate in this event any and all expenses and costs however caused arising out of or in connection with the participation of the undersigned or the minor child of the undersigned or the minor child of the undersigned in this event.

The undersigned further acknowledges that he or she has carefully read the above Release and knows and understands all of the contents thereof and further understands and agrees that by signing this release he or she gives up rights and assumes the risk of injury or property damage and signs this Release as their free and voluntary act.

Signature: _____

Date: _____

Print Name: _____

This release must be signed by all participants and/or by the parent or guardian if participant is under 18.