

10th Anniversary of St. Louis Hawks

5K & 1.5 Mile Fun Run/Walk

Saturday, October 14th, 2023 – Rain or Shine

1.5 Mile Fun Run/Walk start time: **8:00 AM**

5K Run start time: **8:30AM**

Race Contact: Laura Carlson email: stlouishawks5k@gmail.com



WHERE

St Louis Catholic School Parking Lot
2901 Popkins Ln, Alexandria, VA 22306

OR

Any 5K or 1.5 Mile Course, See website for options



Online Registration: <https://tinyurl.com/STLHawks5K>

EVENT	EARLY REGISTRATION BY 10/7/23	# OF REGISTRATIONS	RACE DAY REGISTRATION 10/22/2023
5K RACE	\$35		\$40
5K YOUTH 14 & UNDER	\$20		\$25
1.5 Mile Fun Run/Walk	\$15		\$20
FAMILY OF 4 5K RACE	\$120		NOT AVAILABLE RACE DAY
FAMILY OF 4 FUN RUN	\$50		NOT AVAILABLE RACE DAY

Make checks payable to “St. Louis Catholic School PTO”

Mail to St. Louis Catholic School 5K Attn: Laura Carlson, 2901 Popkins Ln, Alexandria, VA 22306

Pre-Race Packet Pickup: Friday Oct 13th from 2:30-5:00 at St Louis School

Race Day Pickup: 7:00 – 8:00 at the registration tent

First Name	Last Name	DOB	Gender	T-shirt SZ	St Louis Student	5K or Fun Run		
Runner 1					Y N	5K	FR	
Runner 2					Y N	5K	FR	
Runner 3					Y N	5K	FR	
Runner 4					Y N	5K	FR	
T-shirt Size Options:		YS	YM	YL	AS	AM	AL	AXL
Email:		Phone:		Address:				

WAIVER – The following must be signed by the runner/walker (or parent/guardian if under 18):

I know that running or walking in a 5K is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a St. Louis School 5K/ Fun Run official relative to my ability to safely complete the Run/Walk. I assume all risks associated with walking/running in this event, including but not limited to contact with other participants, effects of the weather, including high heat and/or humidity, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers and sponsors of St. Louis School 5K Fun Run & Walk for Education and any other sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date: _____