



Saturday, November 2nd, 2019

8:00 a.m. St. Mark's Cathedral School
½ mile fun run & 5k Road Race

Date & Starting Time: Saturday, November 2 at St. Mark's Cathedral School, Shreveport.
The 1/2 mile fun run will begin at 8:00am and the 5k will begin at 8:30.

Registration: Early Registration is \$25 through October 1st, \$30.00 October 2nd – November 1st, Race day Registration is \$35. You may pay with a credit card at www.sportspectrumusa.com or pay with cash, check, or credit card at Sportspectrum, 6970 Fern Avenue, 71105. ****If you have a family with four or more, register online for \$20 each before October 1!**

REGISTER EARLY! *No shirts guaranteed to late registrants.* Sample shirts are available in the school office to try on before registering.

T-shirts & Race Packet Pick-Up: Every pre-registered participant will receive an original "Paw Print Sprint" t-shirt. Packet pick up will be held at St. Mark's Cathedral School on Wednesday, October 30th from 3:00 p.m. - 5:00 p.m or at Sportspectrum on Thursday, October 31st from noon- 6:30 p.m., & Friday, November 1st from 10:00 a.m. - 5:30 p.m. You may also pick up your packet on Race Day at the Race Site starting at 7:00 a.m.

Sleep in for the Lion's Den: If you cannot be there, but still want to show your support sign up as a Phantom Runner. You will still receive a t-shirt.

Awards: Overall Male & Female finishers in the 5k will win a \$100 cash and Second Place Male & Female Finishers will win \$50 cash. Additionally, 1st place Male and Female in the following age groups also win an award.

Age Groups: 8-under, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Post Party: Make sure to stick around after the race for awards, snacks, and family activities.

Special Note: Strollers, wagons, baby joggers, and any hand pushed or pulled vehicle will be allowed on the course, but at a walk pace capacity only. Absolutely NO in-line skates, roller skates or runners with baby strollers will be allowed on run course. This rule is an RRCA regulation! No dogs are allowed on the course.

SIGN UP ONLINE at www.sportspectrumusa.com



Waiver & Release

In consideration of my being admitted to enter "Paw Print Sprint", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, St. Mark's Cathedral School their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health.

The "Paw Print Sprint" Official Entry Form – "November 2, 2019"

Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

Birth Date ___/___/___ Circle: Male or Female **Event: (please circle) Fun Run 5k Phantom Runner**

T-Shirt Size (circle) 3T 4T YS YM YL YXL S M L XL XXL (add \$2)

Toddler Sizes will be short sleeve cotton, all others will be long sleeve dry-fit

Optional Donation Amount: _____

St. Mark's Student Homeroom Teacher: _____

I understand and agree to all conditions of waiver. Signature _____

Parent/Guardian Signature for participant under 18 years old _____