

THE 2 MILE DIFFERENCE



DID YOU KNOW...?

A 30 minute walk can decrease tension while elevating mood & self-esteem - that's just about a 2 mile walk!

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Trainers recommend an easy 2 miler as a great recovery run option to sustain muscle and joint health.

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Regularly walking just 2 miles a day helps to increase your metabolism and reduce body fat.

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Walking just 30 minutes a day has been found to trigger an anti-aging process and even help repair old DNA

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Walking is even known to improve sleep, support your joint health, improve circulation, and reduce the incidence of disability in those over 65.

14th Annual St. Chris Run/Walk for the Youth

PRESENTS

The St. Chris 2-miler

8.17.19

"Finally, not just another 5k"

SATURDAY, AUGUST 17, 2019 @ 8:30 AM

Race day registration begins at 7:00 AM

Race begins and ends at St. Christopher Church

435 E. National Road, Vandalia, Ohio 45377

Very flat & fast 2.0 mile course through neighborhood streets with the start and finish at the Church.

Merchandise
Awards

- The overall female and male winners will receive special prize and free race entry to this race forever!
- The top 3 female and male finishers will receive awards in each of the following age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-59, 50-54, 55-59, 60-69, 70 & over
- **Team Race Awards:** The top 3 female, male, or co-ed teams will receive awards for each of the 5 scoring members. Teams may have any number of members (7 minimum) of any age. Team place will be determined by adding the finish times of the top 5 runners.

Extras: Refreshments & many door prizes.

ONLINE REGISTRATION & RESULTS: www.cantstoprunningco.com

Entry Fee: Pre-registration (postmarked by August 8th) \$20 and guaranteed a t-shirt, or \$15 (no shirt). Race-day fee \$20 for all (t-shirts while extras last).

Group Rate: \$5 discount per person for teams of 7 or more.

Questions: Contact Lonnie Adkins at 937-726-7769, or email at werun@woh.rr.com

A Special Thank You to Our Sponsors

Vandalia Butler Foundation, R.B. Jergens Contractors, Dan Hemm Chevrolet Buick GMC Cadillac, Father Auferheide Council Knights of Columbus #12912, Merrill Lynch, Terri Rubins, Morton and Whetstone Funeral Home, Ross Shira D.D.S., Spieles Insurance Agency LLC, Xcel Sports Medicine, Thrivent Financial - Kevin Larger, Abacus Landscaping, Basic Vitamins, Inc., Steve Liptak, Steven Reed Insurance Agency Inc., Manning & Associates CPAs LLC, AE Remodeling LLC

ALL PROCEEDS TO HELP FUND THE SUMMER MISSION TRIPS FOR THE ST. CHRISTOPHER YOUTH MINISTRY PROGRAM.

2019 ST. CHRIS RUN/WALK FOR THE YOUTH 2 MILER REGISTRATION FORM

Name: _____ **Birthdate:** ____/____/____ **Age on 8/17/19:** ____
Address: _____ **City:** _____ **State:** _____ **Zip:** _____
Phone: (____) _____ **Email:** _____
Sex: ☐ Male ☐ Female **Shirt Size (adult):** S M L XL **CHILD LARGE** **Amount Enclosed:** \$ _____
Team Name: _____

RELEASE (Please read before you sign): By signing this release on behalf of myself or the person of which I am the Legal guardian, as well as my heirs, estate, and personal representatives, I agree to INDEMNIFY AND HOLD HARMLESS the Archdiocese of Cincinnati and St. Christopher Church, including their staff and members, respectively, race sponsors, race directors, race volunteers, and any other involved individuals and organizations for any loss, damage, injury, disability, or death sustained as a result of participation in the St. Christopher Run/Walk for the Youth, before, during, or after the event, regardless of any negligence of the above individuals, organizations or otherwise to the fullest extent permitted by law. I (said participant) understand the risk and perils associated with running/walking on neighborhood streets and will participate with safety in mind for myself and others. I (and the participant) also understand the great risk associated with running/walking the distance of 2.0 miles, especially in the summer heat, and attest that I (or the participant) will be sufficiently trained on August 17, 2019 to handle the stress and demands of this event.

I (and the participant) have read this release, understand it fully, and agree to abide by it in exchange for participation in the St. Chris Run/Walk for the Youth.

Signatures: _____ **Date:** _____
(Legal Guardian if under 18 years of age, otherwise form will be void and runner pulled from the race.)

Mail Race Entry Form & Payment to: Lonnie Adkins, 411 Shadowood Drive, Vandalia, OH 45377
Make Checks Payable to: St. Chris Run/Walk (no refunds)