



Holy Ghost Lutheran Church and School is hosting the **Bergholz 5K** (3.1 mile) road race and 1-mile Fun Run on **Saturday, June 13th, 2020**. Join us to promote health and wellness within our community and to benefit Holy Ghost facilities and operations!!

Date: Saturday June 13th, 2020

Start Time: 9:30am

Location: Holy Ghost Lutheran School, 6630 Luther Street, Niagara Falls, NY 14304

Events:

- 5K Road Race - \$20 (\$25 after June 5th)
- 1-mile Fun Run - \$20 (\$25 after June 5th)
- 1-mile Fun Run (no shirt) - \$10

Information:

- Guaranteed t-shirt with registration by May 22nd
- Post-race party featuring food, refreshments, beverages, and awards!
- Packet pick-up: 4:00-7:00pm Friday June 12th at Holy Ghost and Race Day

Registration available online at: <https://runsignup.com/Race/NY/NIAGARAFALLS/Bergholz5K>

Race Director Contact: Andy Klettke - bergholz5K@gmail.com

BERGHOLZ 5K REGISTRATION

☐ 5K Road Race - \$20 (\$25 after 6/5) ☐ 1-mile Fun Run - \$20 (\$25 after 6/5) ☐ 1-mile Fun Run (no shirt) \$10

Last Name _____		First Name _____		M.I. _____	Shirt Size (circle): S M L XL XXL
Address: Number and Street _____					
Town/City _____		State _____	Postal Code _____		
Sex (M/F) _____	Race Day Age _____	Phone w/Area Code _____	E-mail Address _____		

Waiver:
I understand that participating in this event is potentially hazardous and that I should be properly trained and medically able to participate. In consideration for you accepting this entry and by signing below, I, for myself and on behalf of our successors, executors and heirs, assume full and complete responsibility for my participation in the event, and hereby forever waive, release, discharge and indemnify Holy Ghost Lutheran Church and School, the Town of Wheatfield, its affiliates and their directors, officers, employees, agents and representatives, from and against any and all suits, claims, losses, costs, expenses, damages and fees now and in the future arising or relating to this event, whether caused by the negligence, action or inaction of any of the above parties.

Signature of Participant, Parent, or Guardian _____ Date _____

Checks payable to: Holy Ghost Lutheran School
Mail or deliver checks to: 6630 Luther Street, Niagara Falls, NY 14304