



Holy Ghost Lutheran Church and School is hosting the **Bergholz 5K** (3.1 mile) road race and 1-mile Fun Run on **Saturday, September 24<sup>th</sup>, 2022**. Join us to promote health and wellness within our community and to benefit Holy Ghost facilities and operations!!

**Date:** Saturday September 24<sup>th</sup>, 2022

**Start Time:** 10:00am

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

**Events:**

- 5K Road Race - \$22 (\$30 after September 16<sup>th</sup>)
- 1-mile Fun Run - \$22 (\$30 after September 16<sup>th</sup>)
- 1-mile Fun Run (no shirt) - \$10

**Information:**

- Guaranteed t-shirt with registration by August 26<sup>th</sup>
- Post-race party featuring food, refreshments, beverages, and awards!
- Packet pick-up: 4:00-7:00pm Friday September 23<sup>rd</sup> at Holy Ghost and Race Day (9/24) starting at 7:00am

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

Race Director Contact: Andy Klettke - [bergholz5K@gmail.com](mailto:bergholz5K@gmail.com)

**BERGHOLZ 5K REGISTRATION**

☐ 5K Road Race - \$22 (\$30 after 9/16)      ☐ 1-mile Fun Run - \$22 (\$30 after 9/16)      ☐ 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