

**3rd Annual St. Mary Magdalene
Monarchs in Motion 5K Run/Walk**

Race Waiver:

I know that participating in this run/walk is potentially hazardous. I should not enter unless I am medically able and properly trained. I also assume any and all risks associated with this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the roads and traffic, all such risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Parish of St. Mary Magdalene, Apex, NC, The most Reverend Michael Burbidge, The Catholic Diocese of Raleigh, the Town of Apex, the State of North Carolina, all sponsors of the race, any other persons assisting with the race, members, agents, etc. and their successors and assigns from each and every one of the above from all claims or liabilities of any kind arising out of my participation in the run/walk even though the liability may arise out of negligence or carelessness on that part of the persons referred to in this waiver.

This release and waiver extends to all claims of every kind or nature, whatsoever, foreseen or unforeseen, known or unknown.

Applications for minors are accepted only with a parent/guardian signature.

625 Magdala Place
Apex, NC 27502

Monarchs in Motion 5K Run/Walk
c/o Kathy Lynch
625 Magdala Place
Apex, NC 27502

First Class
Postage
Required



**3rd Annual
St. Mary Magdalene
Monarchs in Motion
5K Run/Walk**

**Faith – Devotion –
Service**

**Apex, North Carolina
Saturday, May 15, 2010
8:00 a.m.
Children's Fun Run to follow**

3rd Annual St. Mary Magdalene Monarchs in Motion 5K Run/Walk

Location and Race Course:

Start and finish at St. Mary Magdalene Main Parking Lot, located off of Town Side Drive in Apex:
625 Magdala Place – Apex, NC.

For your convenience, check out our USATF-certified 5K race course and map on stmm.net.

Registration:

Participants can register by using this form (complete and mail in or drop off at church or school office) or register online at active.com. Strollers and passengers are welcome, but no dogs or pets allowed. *Regular registration is until May 9, 2010, and late registration is May 10 – May 15, 2010.*

Sponsor Expo at Packet Pick-up:

All participants **must** pick up race numbers on one of the following days:

- Friday, May 14 from 3 – 7 p.m. at St. Mary Magdalene Activities Building
- Race Day, Saturday, May 15 from 6:30 – 7:30 a.m. at the St. Mary Magdalene Activities Building

Entry Fees:

- All Ages 5K Competitive **with** timing chip (Registration is \$25; After May 9 cost is \$30)
- All Ages 5K Recreational **no** chip (Registration is \$20; After May 9 cost is \$25)
- Kids Recreational 5K, Ages 10 and Under **no** chip (Registration is \$10; After May 9 cost is \$15)
- *Please see stmm.net for information on family discounts*

Race Day Parking:

Parking will be available at St. Mary Magdalene on a first-come, first-served basis. We recommend registered participants plan on arriving at the race site around 7 a.m. and those looking to register on Race Day plan to arrive by 6:30 a.m. Please consider carpooling for parking ease and the environment.

Child Care:

Hopper's House, located right next to St. Mary Magdalene, plans to open early for those needing child care during the race. Please contact them directly for more details on times and prices, (919) 363-3109.

T-shirts and Awards:

All participants registered before May 10 will receive a **FREE race t-shirt**; late registrants will be first-come, first-served, as available. Medals are awarded to top three Competitive males and females overall and in each category: 10 years & under, 11–14, 15–19, 20 – 29, 30–39, 40-49, 50–59, 60 & over.

Children's Fun Run, 10 & Under:

After the 5K event, about 9 a.m., we will have a Children's Fun Run, approximately 200 yards distance. This event is free, registration is not required and all participants will get a fun hand stamp at the finish!

Thanks for supporting our event! For more info, contact Mike Grace at mike5kgrace@gmail.com.

Use ONE form per participant.

Today's Date _____

Name _____

Address _____

City _____

State _____ ZIP _____

Sex ___ Race Day Age ___ DOB ___/___/___

Phone _____

E-Mail _____

Please circle youth or adult shirt size:

Youth T-Shirt: S M L XL

Adult T-Shirt: S M L XL

Please check box and enter \$ amount:

All Ages 5K Competitive **with** timing chip
(\$25; After May 9 cost is \$30) \$ _____

All Ages 5K Recreational **no** timing chip
(\$20; After May 9 cost is \$25) \$ _____

Kids Recreational 5K
Ages 10 and Under **no** timing chip
(\$10; After May 9 cost is \$15) \$ _____

How I heard about this year's race:

Please make checks payable to:
St. Mary Magdalene – do not send cash

**I have read and agree to the
Race Waiver on the back of this form:**

Signature _____ Date _____

Parent Signature (if under age 18) _____ Date _____