

Annual Run for the Young 5K Run/1-Mile Walk

Saturday, May 21st, 2022

St. Lawrence School
1000 North Greece Road
Rochester, NY 14626
School Office: 585-225-3870



PRESENTS



Event Schedule

- 8:00 AM On-site registration through 9:30am
 - 9:30 AM Start for 5K Run
 - 9:35 AM Start for 1-Mile Walk
 - 10:30 AM Awards Ceremony
- Post race food & beverages provided in Deacon Hall*

Awards

We'll proudly recognize:

- Top male and female 5K run finishers
 - 1st Place - \$100
 - 2nd Place - \$75
 - 3rd Place - \$50
- Medals for top males and female runners in each age group.

All Proceeds to benefit St. Lawrence School

Register by May 1st for a free t-shirt!

REGISTRATION

Register online at: <https://runsignup.com/Race/NY/Rochester/AnnualRunfortheYoung5K1MileWalk>

5K Race

- \$25 Pre-Registration by May 15th
- \$30 Pre-Registration May 16th – Race Day

1-Mile Walk

- \$20 per Person
- \$50 per Family _____ #

Shirt Size (Dri Fit Style)

(Only if Registering by May 1st)

Youth ___S ___M ___L
 Adult ___S ___M ___L ___XL

Name Female Male

Address

Email address

City, State, and Zip Code

Phone Number

Age on Race Day: _____

Emergency Contact

Emergency Contact Phone Number

Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your events sponsors, race officials and volunteers for any and all claims of liabilities arising out of this event. I also agree to the use of any photos, films, or videotape of this event for St. Lawrence School. I understand that no refunds will be given, even in the event of weather-related cancellations. I have read this information and certify my agreement by my signature.

Signature (Parent/Guardian if under 18)

Date