SWEETHEART 5K Run/Walk
Saturday, September 10, 2011
9:00 am

Sponsored by the Catholic Charities, Knights of Columbus, YMCA, and the Austin Catholic Schools.

Come to run with your sweetheart, as a couple. Participants must finish as a couple to place. T-shirts given to each pre-registered participant.

Bring your family for post race refreshments...

yogurt, bagels, trail mix, fruit, juice, water and coffee...prepared by the Knights of Columbus!

AWARDS: For those participants who want a competitive aspect, we will use a predicted time format for the 5K. The three couples that come closest to their predicted finishing times in the 5K will win $25 Applebees gift cards, donated by the Austin Catholic Schools SCRIP Program. The Still Sizzlin' Award will be given to the couple that has been together the longest!

ENTRY FEES (non-refundable):
Pre-registration cost is $20 per couple for the 5K run/1 mile walk and $10 for the Sweetheart Stroll until Sept. 1st. After Sept. 1st, registration cost for the 5K and 1 mile is $25/couple.
Checks payable to St. Augustine Church.
REGISTRATION: Pre-register at St. Augustine Parish Office, YMCA, or download/print form at www.austincatholic.org and mail to: St. Augustine Parish
405 4th St. NW
Austin, MN 55912
Race-day registrations and packet pick-up at St. Edward's Church beginning at 7:30 am.

COURSES: There will be 3 courses: 5K run, 1 mile walk, and "Sweetheart Stroll" around the parking lot. The 5K course starts and ends at St. Edward's Church, 2000 West Oakland Ave. There will be one water stop at turnaround point of the 5K.

RACE RULES:
1. **No headphones.**
2. **No dogs, skates, bikes or baby joggers allowed on the race course.**
3. **Strollers are allowed in the 1 mile walk.**
4. **Runners must remain on the marked roads/paths at all times.**
5. **No watches allowed.**

Name_____ Running Partner Name_____
Address_____ City_____ State_____ Zip_____
Phone_____ E-mail_____
Date of Birth_____ Male_____ Female_____ Number of Years Together_____
T-shirt Size (circle one): **S M L XL** Partner T-shirt Size (circle one): **S M L XL**
Race Entering (circle one): 5K(Predicted Finish Time_____) 1 Mile Sweetheart Stroll
Number of people per household eating at Post Race Celebration_____

Waiver: I, the undersigned hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims I may have against the "Sweetheart 5K" race organizers, Austin Catholic Charities, and all sponsors for all injuries suffered by me in the event, including pre and post activities. I attest and verify that I am physically fit and sufficiently trained for this event.
Signature (parent/guardian if under 18)_____ Date_____