



St. Anthony Catholic School  
 5K/10K Run & Honor Walk  
 Monday, May 29, 2023

Join us to honor our country's service men, women, and their families at the 14<sup>th</sup> Annual Run for the Heroes! This **Pee Dee Grand Prix event** offers a certified 5K course, a 10K course through Veterans Park and a 1-mile Honor Walk. Simply Timing LLC will be timing our race. Awards will be given to the 5k & 10k Overall Male and Female, 5K & 10K Male and Female Masters, and the top 3 male and female racers in each age division.

**Event Schedule**

Sunday, May 28	1:30 – 4:30 PM	Early Packet Pickup/Registration	St. Anthony Catholic School Library
Monday, May 29	6:30 – 7:30 AM	Packet Pickup/Late Registration	St. Anthony Catholic School Library
	7:30 AM	Memorial Day Military Tribute	St. Anthony Catholic Church Steps
	8:00 AM	Races Begin	

**Red, White, & Blue Pancake Breakfast and Awards will immediately follow in the Family Center.**  
**\*\*\* 50% OFF ALL ENTRY FEES FOR MILITARY PERSONNEL AND VETERANS \*\*\***

**Entry Fees**

**T-shirt deadline is May 8th.**

Race/Walk	Through April 30	Register May 1-29
10k	_____ \$40.00	_____ \$45.00
5k	_____ \$30.00	_____ \$35.00
<b>Honor Walk</b>	_____ \$15.00	<b>Kids' Fun Run</b> _____ \$10.00

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_  
 Email: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ \*\*Adult T-shirt Size: \_\_\_YXL \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL  
 Team Name (if applicable) \_\_\_\_\_ **\*\* T-shirt deadline is May 8th. \*\***

Please make checks payable to St. Anthony Catholic School, 2536 Hoffmeyer Road, Florence, SC 29501. Proceeds will benefit St. Anthony School with a portion to benefit the local American Red Cross.



**Waiver and Release of Liability (must be signed for each registered participant)**

- In consideration of the acceptance of this entry, I hereby, for my heirs, executors and assigns, release and discharge the sponsors and operators of the St. Anthony Catholic School 5k/10k and Honor Walk and their agents, employees and volunteers from any and all claims and damages suffered by me as a result of my participating in or traveling to or from said event held on May 29, 2023. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical defect that I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such an event, the same being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I also understand that the entry fee is non-refundable for any reason.
- I have been informed that I should consult a physician concerning my participation in an exercise program and obtain from a physician, advice as to how I should participate in relationship to my state of physical condition. I either have obtained such advice from a physician or acknowledge that I have decided to participate in exercise programs without obtaining the advice of a physician.
- I understand the waiver and release of liability above are stated in broad terms. If portions of this waiver and release of liability are held invalid, the remainder will continue in effect.
- I have read this waiver and release of liability and understand the rights I am giving up by signing it.

**Signature** (Guardian must sign if participant is under 18): \_\_\_\_\_ **Date:** \_\_\_\_\_