

3rd Annual Holy Family School Road Race



Saturday, June 10, 2017

.7M Children's Fun Run at 9:30 AM

5K at 10:00 AM

Register below or online at
<http://www.signmeup.com/119341>

Register by May 21, 2017 and get race T-shirt

Race Day Registration 8:00- 9:30am

Post-race Party



PURPOSE: The race is about promoting unity of the school, the parish and the community, as well as the importance of healthy habits. The event is to celebrate our community, our 2017 graduates from two nights before and all of our families. Come join us for a fun day in our community! Proceeds support St. Vincent De Paul Society for community emergency assistance and services and Holy Family School.

LOCATION: Holy Family School 6 Del Prete Ave, Rockland, MA 02370 - *race starts and finishes at Holy Family School*

REGISTRATION & NUMBER PICK-UP: Friday June 09 from 3PM – 7PM at Marathon Sports 134 Washington St, Norwell & Saturday June 10 starting at 8AM at Holy Family School

INFORMATION: For details visit www.hfsrockland.org or contact Race Directors Jim Pozerski (617-416-8212 jpozerski@gmail.com) or Sean Varano (781-789-7354 seanvarano@gmail.com)

NOTE: Registration fees are non-refundable. The race is on rain or shine. Please check www.hfsrockland.org for race updates.

THE RACE: a fast flat course with mile markers and a water station midway through the course.

5K PRIZES: **\$200 cash** will be given **for overall female and male finishers**. Awards for 1st, 2nd, and 3rd female and male finishers by age categories from 11 and under, 12 - 15, 16 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, and 60 - 150.

FUN RUN PRIZES: Awards will be given for overall female and male finishers, and for 1st, 2nd, and 3rd female and male finishers by age categories from 6 and under, 7 - over.

FUN: after race party with music, food and non-alcoholic beverages.

Entry Form – 2017 Holy Family School 5K Road Race & Kids Fun Run

SEND TO: Holy Family School c/o Joan Cahalane Make checks payable to Holy Family School
 6 Del Prete Avenue, Rockland, MA 02370

Family of 4 or more Fee:	<input type="checkbox"/> \$60 (\$70 after 6/03/2017)	
5K Fee:	<input type="checkbox"/> \$20 (\$30 after 6/03/2017) for HFS Family, CRR Members	<input type="checkbox"/> \$25 (\$30 after 6/03/2017) for all others
Kid's Fun	<input type="checkbox"/> \$0 Fun Run	<input type="checkbox"/> \$5 Fun Run & T-Shirt (till 5/21/2017)
Name		M/F Age on 6/10/2017 Shirt Size till 5/21
#1:		
#2:		
#3:		
#4:		

Street _____ City/Town _____ State _____ Zip _____

Telephone _____ E-Mail _____

Emergency Contact Name _____ Telephone _____

RELEASE AND WAIVER: I assume all risk associated with running in this event. In consideration of your accepting into this entry, I hereby for myself and my heirs, executors, or administrators waive and release all rights and claims or damages I may have against Holy Family School, Holy Family Church, Colonial Road Runners, the Town of Rockland, any sponsors, all race officials and volunteers, and or any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

Signature (Parent/Guardian if under 18) _____ Date _____