



St. Richard Cardinal Men's Club
"Flight to the Finish" VIII
5K Run, 5K Race Walk, & Mile House Challenge

Saturday
May 7, 2016 - 9:00 am

Race organized by:
 St. Richard Cardinal
 Men's Club
Race directed by:
 SISU Race Timing

**Benefiting St. Richard students in need of financial
 aid and projects of the Cardinal Men's Club**

- When:**
- 5K Run Start: May 7, 2016 @ 9:00 a.m.
 - 5K Race Walk Start: May 7, 2016 @ approx. 9:05 a.m.
 - Mile Start: Immediately following 5K
 - Race Day Registration starts at 7:30 am in the gym
 - Race Packet pickup starts at 7:30 am in the gym
- Where:**
- St. Richard Catholic Church (in front of the Church)
 1242 Lynwood Drive
 Jackson, MS 39206
- Amenities:**
- **Shirts guaranteed for pre-registered**
 - **Free hotdogs, tons of family fun**
 - **Awards for overall winners, age group winners, and 1 mile participants**
- Info:**
- **(601)366-1157**
 - For more information, visit our Facebook page
- Fees:**
- Pre-registration 5K is \$25 (by April 24th)
 - Late and race day 5K registration is \$30
 - Mile is \$15
 - Family maximum \$65 (immediate family & pre-registered only)
 - Team maximum \$65
- Course:**
- Starts in front of the Church and continues through the beautiful Fondren neighborhood and finishing in the St. Richard school parking lot

- 5K Run Awards:**
- 5K Run - Overall male and female winners, masters (40+), grand masters (50+), and top three (3) in each age group will be awarded prizes: 12 and under, 13-15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.
- 5K Race Walk Awards:**
- 5K Walk - Overall male and female winners, and top three (3) in each age group will be awarded prizes: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Race Walk ONLY. No running allowed for this event
- Mile Awards:**
- Mile - Top 3 male and female winners (only eligible for elementary ages). All finishers receive an award.
- House Challenge:**
- The House Challenge Trophy will be awarded the House with the most Mile fun run participants
- Team Competition:**
- Awards Top 3 teams, Max team members five (5) and top three (3) are used for scoring using cross country scoring cumulative places (5K Run only)
- Send Entry Forms to:**
- Cardinal Men's Club
 c/o St. Richard Catholic School
 100 Holly Drive
 Jackson, MS 39206
- Payment:**
- Cash or checks made payable to: St. Richard Cardinal Men's Club

St. Richard Cardinal Men's Club "Flight to the Finish" 5K and Mile Race Registration Form
All proceeds benefit St. Richard students in need of financial aid and projects of the Cardinal Men's Club
 (entry fees paid for this event are not tax deductible as a charitable contribution)

PLEASE USE A SEPARATE FORM FOR EACH RACER

I am registering for the following event (circle below):

5K Run	5K Race Walk	Mile Fun Run	(_____)	Assigned Racer Bib #

House Name if St. Richard Student _____

Youth shirt Size (circle one) Small Medium Large

Adult shirt Size (circle one) Small Medium Large X-Large XX-Large (add \$2 to entry fee)

First Name _____ Last Name _____

Gender _____ Age (on 5-7-16) _____

Address _____ Zip Code _____

City _____ State _____

Phone _____ Team Name _____

Email Address _____

I hereby certify that I am physically and adequately fit to participate in this race event. In consideration of the acceptance of this entry and permission to enter into and participate in this event, I, the undersigned, for myself, my personal representatives, beneficiaries and heirs hereby knowingly waive, release and discharge any and all rights and claims which I have or which may hereafter accrue to me or my estates against and covenant not to sue the Cardinal Men's Club, St. Richard Catholic School, St. Richard Catholic Church, the Catholic Diocese of Jackson, Most Reverend Joseph R. Kopacz, Trustee for Benefit of the Members of St. Richard Catholic Church, SISU Race Timing LLC, and or any other sponsors, organizers, volunteers and assigns for any and all injuries of whatever nature and/or death suffered by me as a consequence of my participation in this event. I hereby consent to the use of my picture and name in publications as a result of this race.

Signature _____

Date _____

*(a parent or legal guardian must sign for all participants under the age of 18)