



8TH ANNUAL SACRED HEART RUN FOR THE SON

5K/10K RACE • SATURDAY, AUGUST 8, 2020

irunfortheson.com & facebook.com/RunForTheSon

The Run for the Son is back for its 8th year, and the 10K race is returning for 2020! This fun-focused event is open to all; walkers, non-competitive runners, and “virtual runners” are welcome and encouraged to participate. All proceeds benefit Sacred Heart Catholic School, so come join us for a great morning of exercise and find your happy pace!

Registration is \$30 per adult or \$15 per youth (age 18 & under) through race day, and an event shirt is included. Shirts may also be purchased separately for \$25/each. After August 3, shirts cannot be guaranteed for pick-up on race day. Online registration is available at irunfortheson.com, or you may complete the form below and return it with payment to the Parish Office. **Virtual Run option:** Send a screenshot of your run to info@irunfortheson.com no later than Friday, August 14.

Race packet pickup & last-minute registration will be held in the Parish Hall on Friday, August 7, from 6:00-7:30 pm, and again on race day beginning at 7:30 am. The 5K and 10K races will begin at 9:00 am from Sacred Heart at 1111 4th Ave W in Spencer. Refreshments will be provided following the event. Prizes will be awarded to the 10K male & female overall winners and to the 5K male & female winners in each of five age divisions: **12 & under / 13-18 / 19-39 / 40-59 / 60+**



2020 ENTRY FORM • 8TH ANNUAL SACRED HEART RUN FOR THE SON

Name: _____

Male

5K

Virtual Run

Address: _____

Female

10K

Shirt only

City, State, Zip: _____

Date of Birth: ____ / ____ / ____

Phone: (____) _____ – _____ Email: _____

Shirt Size: S M L XL XXL

Prefer women's cut? Yes

Payment: Adult Race Entry (\$30) / Youth Race Entry (\$15) / Shirt Only (\$25)

Total Enclosed: \$

I knowingly enter the 2020 Sacred Heart Run for the Son 5K or 10K road race. I do so at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation. I further agree that neither heirs nor assigns will hold liable any representative of Sacred Heart or its sponsors as a result of injuries or damages sustained from any participation in this event. I further, hereby, certify that I am physically fit to participate in the race for which I am entered on August 8, 2020.

Signature: _____

Date: ____ / ____ / ____

(Parent/guardian signature if participant is under the age of 18)

Make checks payable to **Sacred Heart** and mail to: **Sacred Heart Run for the Son • P.O. Box 817 • Spencer, IA 51301**