



# 9TH ANNUAL SACRED HEART RUN FOR THE SON

5K/10K RACE • SATURDAY, JUNE 12, 2021

[irunfortheson.com](http://irunfortheson.com) & [facebook.com/RunForTheSon](https://facebook.com/RunForTheSon)

**The Run for the Son 5K/10K road races are back for the 9th year!** This fun-focused event is open to all; walkers and non-competitive 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 May 28, shirts cannot be guaranteed for pick-up on race day. Online registration is available at [irunfortheson.com](http://irunfortheson.com), or you may complete the form below and return it with payment to the Parish Office at: *Sacred Heart Run for the Son • P.O. Box 817 • Spencer, IA 51301 (make checks payable to Sacred Heart)*.

**Race packet pickup & last-minute registration** will be held in the Parish Hall on Friday, June 11, from 6:00-7:00 pm, and again on race day beginning at 6:30 am. The 5K and 10K races will begin at 8:00 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+**



## 2021 ENTRY FORM • 9TH ANNUAL SACRED HEART RUN FOR THE SON

Name: \_\_\_\_\_

Male  5K  Shirt only

Address: \_\_\_\_\_

Female  10K

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 2021 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 June 12, 2021.

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**