

4TH ANNUAL MSJ 5K



MOUNT ST. JOSEPH
UNIVERSITY

FRIDAY, SEPTEMBER 22, 2017 • 6:30 P.M.

RACE LOCATION Mount St. Joseph University campus and surrounding areas. Registration and packet pick up begins at 5 p.m. in Campus Quad near the Administration Building.

COURSE DESCRIPTION Five kilometer looped run/walk course with rolling hills on the campus of the Mount and the Sisters of Charity Motherhouse property.

AWARDS Health-related prizes will be awarded to top individual male and female in each age division.

CELEBRATIONS A healthy pre-race snack will be offered at 3:00 p.m. in Seton Lobby. Beginning at 5:00 p.m., music, health and wellness screenings, and Zumba will be offered in the Campus Quad. Immediately following the race, refreshments, awards ceremony, and yoga will be available in the Campus Quad. A water balloon fight will be held in the Administration Parking Lot.

PROCEEDS Benefit health and wellness programming on campus and in Delhi Township.

RESULTS Results and timing by Running Time, LLC. Results will be posted on www.runningtime.net.

Contact:

BC Charles-Liscombe 513-244-4890; fax 513-451-2547, email bc.charles-liscombe@msj.edu
5701 Delhi Road, Cincinnati, OH 45233-1670 • msj.edu/MSJ5K

ENTRY COST \$20 through September 1. \$25 through September 15. \$30 same day registration.

Undergraduate Mount students pay only \$10 per runner through September 15, \$15 after and through race day. Youth (under 18) and Seniors (over 65) \$10 individual through September 15, \$20 after September 15.

Pre-registered participants receive a cotton T-shirt (\$10 up charge for Dri-fit shirt). Same day registrants will receive cotton shirts while supplies last.

REGISTER ONLINE AT
msj.edu/MSJ5K
or complete the form below. Mail in registration deadline is September 15. Online registration deadline is September 21. Race day registration will be available on site.



MSJ 5K ENTRY FORM

MOUNT ST. JOSEPH UNIVERSITY

Cut and send with payment to: Mount St. Joseph University; School of Health Sciences Attn: MSJ 5K; 5701 Delhi Road; Cincinnati, OH 45233

Make Checks Payable to: Mount St. Joseph University

PLEASE PRINT LEGIBLY.

Name _____ Sex: M F Age _____

Address _____ City, State, ZIP _____

Phone _____ E-mail _____

Shirt Size (circle one): SM M L XL XXL NONE Upgrade to Dri-fit Shirt \$10 each (Order by September 1):

Affiliation (circle one): Youth (under 18) MSJ Student Family/Community (Youth) School Name: _____
MSJ Faculty/Staff MSJ Alumni

Division: Runner Walker

Registration: Through September 1 <input type="checkbox"/> \$20	Youth/Senior <input type="checkbox"/> \$10 (Through Sept. 15)	Mount Student <input type="checkbox"/> \$10 (Through Sept. 15)
Through September 15 <input type="checkbox"/> \$25	<input type="checkbox"/> \$20 (After Sept. 15)	<input type="checkbox"/> \$15 (After Sept. 15)
Same Day Registration <input type="checkbox"/> \$30		

Total Enclosed \$ _____ (Make checks payable to: Mount St. Joseph University. No refunds will be issued for any reason.)

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____