



# Flapjack 5K + Pancake Breakfast Registration

(5K, 1 Mile, .2 Mile Registration Available)

Saturday, April 28th, 2018

Run: 7:30 a.m. & Breakfast: 8-10 a.m.

St. Paul School ~ Macomb, Illinois

**Make checks payable to St. Paul Home & School Association. Send check & form to:**

St. Paul School, 322 W. Washington, Macomb, Illinois 61455

**Online registration is available at:** <https://stpaulflapjack5k.itsyourrace.com/register/>

Registrations must be received by April 20th to be guaranteed a t-shirt.

**First Name** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Age** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Every registrant must submit a completed registration form.**

**Amount Enclosed** \_\_\_\_\_

**Student Sponsorship:** \_\_\_\_\_

**Select Route (Participants can walk or run):**

5K  1 mile  .2 mile

**Select type of registration:**

**Early Bird (Before Apr. 13): \$20 (includes breakfast & t-shirt)**

**St. Paul Alumni: \$20 Year \_\_\_\_\_ (includes breakfast & t-shirt)**

**.2 mile Slapjack Sprint: \$10 (includes breakfast & race sticker)**

**Adults (12 & Up, After Apr. 13): \$25 (includes breakfast & t-shirt)**

**Child (Age 12-2): \$10**  **Child (2 & Under): Free**

**T-Shirt Size (Indicate number of each on line beside each size.)**

**Adult: XS**  **S**  **M**  **L**  **XL**  **XXL**

**Child: XS**  **S**  **M**  **L**  **XL**

Release and waiver of liability: I, the undersigned, understand that there are certain dangers, hazards, and risks inherent to this activity, which also could include serious or even mortal injuries and property damage, and that Saint Paul School does not assume responsibility for any such personal injuries or property damage. In consideration of the opportunity to participate, I agree to assume all risks, and responsibilities that surround participation in the activity. I further state that I have sufficiently trained for and am in proper physical condition to participate in this event. My signature below represents my acknowledgement of the risks and voluntary agreement to these terms. I will not bring pets to the event.

Signature (Adult or guardian if participant is under 18)

Date