



March 18, 2017

1 mile / 5K Trail Run/Walk

Saint Joseph Abbey



LIMITED TO 500 PARTICIPANTS

Louisiana State 5K Championship

DATE: Saturday, March 18, 2017

TIME: 6:45 a.m. – 7:55 a.m. Race Day Registration
8:00 a.m. – Start of 1-mile race
8:30 a.m. – Start of 5K race

Race Day Registration & Bib Number pickup closes promptly at 7:55 a.m.

PLACE: Saint Joseph Abbey and Seminary College
75376 River Road, St. Benedict, LA.

RACE ENTRY: (checks payable to: Saint Joseph Abbey)

PRE-REGISTRATION: must be post-marked by 03-10-17

\$ 15.00 Pre-registered Youth (age 16 & under)

\$ 30.00 All entrants (age 17 & over)

\$ 10.00 Seminarian

\$ 25.00 No t-shirt entry fee

Mail: (post marked by 03-10-17)

Payable by check only to: **Saint Joseph Abbey**

C/O 15th Street Flyers

49 Karen Dr. Covington, Louisiana 70433

In-Person: (on or before 03-11-17)

VARSITY SPORTS

2021 Claiborne St., Mandeville 985.624.8200

Checks only please, payable to: Saint Joseph Abbey

On-Line: (on or before 03-11-17)

<http://getmeregistered.com/MonkRun2017>

RACE DAY REGISTRATION:

\$ 20.00 Youth entrants (age 16 & under)

\$ 35.00 All entrants (age 17 & over)

\$ 15.00 Seminarian

\$ 30.00 no t-shirt entry fee



Race Applications available at:

www.15thstreetflyers.org and www.saintjosephabbey.com

The Monk Run is back at the Abbey! We're excited to announce that our annual race returns to the beautiful Saint Joseph Abbey. This race is the first and only race on the privately owned grounds since the flooding last year.

T-SHIRTS:

T-shirts will be given out to all pre-registered entrants on the day of the race. Race Day entrants are not guaranteed sizes or availability.

AWARDS: Made in Saint Joseph Abbey Woodworks

1 Mile: Overall Male and Female; 1st, 2nd place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 14-16 (male & female).

5K: Overall, Masters, Grand Masters, and Senior Masters (Male & Female) and 1st & 2nd Place in age groups, 16 & under thru 75 & Over (male & female).

Post-Race Picnic:

Bring a blanket and enjoy post-race food and refreshments, including beverages from Abita Brewing Company, for all registered participants.

Race Administered by:

Saint Joseph Abbey & the 15th Street Flyers Running & Walking Club

FOR RACE INFORMATION CALL:

Diane Weiss: 504-460-2991 or 985-893-3684

Volunteers Needed: Contact Kathy Nastasi

985-867-2284 or email knastasi@sjasc.edu

ALL ENTRY FEES ARE NON-REFUNDABLE

DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

<input type="checkbox"/> \$15.00 Youth (16-under) registered by 03-10-17	<input type="checkbox"/> \$20.00 Youth (16-under) Race Day Registration
<input type="checkbox"/> \$30.00 All entrants registered by 03-10-17	<input type="checkbox"/> \$35.00 All entrants Race Day Registration
<input type="checkbox"/> \$10.00 Seminarian by 03-10-17	<input type="checkbox"/> \$15.00 Race Day Seminarian
<input type="checkbox"/> \$25.00 No T-shirt entry by 03-10-17	<input type="checkbox"/> \$30.00 Race Day No T-shirt entry

Race Number

Checks payable to: Saint Joseph Abbey, C/O 49 Karen Drive, Covington, La. 70433

ALL ENTRY FEES ARE NON-REFUNDABLE

PLEASE PRINT CLEARLY: **ONE FORM PER PARTICIPANT**

Last Name _____ First Name _____ MI _____

Street Address/Apartment Number _____ City, State, Zip Code _____

Sex M Sex F Telephone Number _____ Date of Birth _____ Age _____ Walker: yes no

Shirt Size: YS YM YL S M L XL XXL _____ Email Address _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Parish of St. Tammany, The Saint Joseph Abbey & Seminary College, the 15th Street Flyers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: By participant or Parent or Guardian if under 18

DATE