



BERGHOLZ

5K

and 1 mile Fun Run

June 8th, 2019



Holy Ghost Lutheran Church and School is hosting the **Bergholz 5K** (3.1 mile) road race and 1-mile Fun Run on Saturday, June 8th, 2019. Join us to promote health and wellness within our community and to benefit Holy Ghost facilities and operations!!

Date: June 8th, 2019

Start Time: 9:30am

Location: Holy Ghost Lutheran School, 6630 Luther Street, Niagara Falls, NY 14304

Events:

- 5K Road Race - \$20 (\$25 after May 31st)
- 1-mile Fun Run - \$20 (\$25 after May 31st)
- 1-mile Fun Run (no shirt) - \$10

Information:

- Guaranteed t-shirt with registration by May 17th
- Post-race party featuring food, refreshments, beverages, and awards!
- Packet pick-up: 4:00-7:00pm Friday June 7th at Holy Ghost and Race Day

Registration available online at: <https://runsignup.com/Race/NY/NIAGARAFALLS/Bergholz5K>

Race Director Contact: Andy Klettke - bergholz5K@gmail.com

BERGHOLZ 5K REGISTRATION

5K Road Race - \$20 (\$25 after 5/31) 1-mile Fun Run - \$20 (\$25 after 5/31) 1-mile Fun Run (no shirt) \$10

_____		_____		_____	Shirt Size (circle): S M L XL XXL
Last Name		First Name		M.I.	

Address: Number and Street					

_____		_____	_____		
Town/City		State	Postal Code		
_____	_____	_____		_____	
Sex (M/F)	Race Day Age	Phone w/Area Code		E-mail Address	

Waiver:
I understand that participating in this event is potentially hazardous and that I should be properly trained and medically able to participate. In consideration for you accepting this entry and by signing below, I, for myself and on behalf of our successors, executors and heirs, assume full and complete responsibility for my participation in the event, and hereby forever waive, release, discharge and indemnify Holy Ghost Lutheran Church and School, the Town of Wheatfield, its affiliates and their directors, officers, employees, agents and representatives, from and against any and all suits, claims, losses, costs, expenses, damages and fees now and in the future arising or relating to this event, whether caused by the negligence, action or inaction of any of the above parties.

Signature of Participant, Parent, or Guardian

Date

Checks payable to: Holy Ghost Lutheran School
Mail or deliver checks to: 6630 Luther Street, Niagara Falls, NY 14304