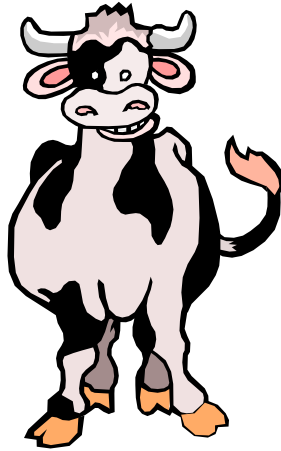


HOLY COW!

5K RUN AND 2 MILE WALK



Saturday, September 11, 2010

8:00 a.m. start RAIN OR SHINE!

Sacred Hearts Parish in Sun Prairie invites you to the 12th annual **HOLY COW 5K RUN** and **2 MILE WALK**. This event is a part of the weekend-long parish festival celebration.



Serious and casual runners and walkers; ALL are invited. Families are strongly encouraged to participate. Special family registration discount.



All registrants receive a t-shirt (day-of-race registrants, while supplies last), post-race snacks and a chance for door prizes.

REGISTER BY AUGUST 20TH TO GUARANTEE A T-SHIRT!

Complete the registration on the reverse of this flier.

Join us for other events at the Sacred Hearts Parish Fall Festival– Sept. 11th and 12th

**Bingo - Saturday and Sunday *Kids Games, The Banana Lady, Inflatable Castle*

**Food Court & Beer Tent *Polka Mass-Sunday at 11 a.m. *Bake Sale*

**Farmers Market *Turkey & Ham Dinner –Sunday 11 a.m. to 3 p.m.*

**Vendor Faire - Saturday*

***Rachelle and The Red Hot Rattlers – Saturday 8-11:30 p.m.!**

**Festival grounds open Saturday and Sunday *Food, Games and Family Fun*

**Raffle Drawing - tickets available to purchase all weekend or in advance*

\$10,000 Grand Prize Raffle

Sacred Hearts Parish Center 837-7381 www.sacred-hearts.org

► **Start/Finish** Course begins and ends at Sacred Hearts Church on Columbus Street in Sun Prairie

► **Entry Fee** \$15 for advanced registration / \$20 day of the race

FAMILY REGISTRATION: Open to 1 and/or 2 parents and all children 18 years of age and younger
\$40 advanced registration / \$50 day of the race

► **Registration** Pre-register by sending the attached entry form and a check to:
Sacred Hearts 5K Run, 221 Columbus St. Sun Prairie, WI 53590 Attn: Lisa Gorecki
(register by August 20th to guarantee a t-shirt).
You may also register the day of the event between 7 and 7:30 a.m.

► **Check-in** All participants must check in the day of the race at Sacred Hearts between
7 and 7:45 a.m. All early registrants will receive a t-shirt (day-of race registrants
while supplies last), post-race snacks and a chance for door prizes.

► **Awards** Trophies will be awarded to the top 5K men's and women's finishers. Medals
are awarded for the top 5K finishers (men and women) in the following age groups:
up to 9, 10-15, 16-19, 20-29, 30-39, 40-49, 50+

REGISTER EARLY AND AVOID THE WAIT!

HOLY COW 5K RUN/2 MILE WALK Saturday, September 11, 2010

NAME _____ AGE _____ GENDER M / F

ADDRESS: _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____

CIRCLE ONE: 5K RUN 2 MILE WALK

T-SHIRT SIZE (circle one) YOUTH-MEDIUM S M L XL XXL NONE (no discount given if "none" circled)

2nd Family Member (name) _____ Age _____ M / F shirt size _____ Run or Walk

3rd Family Member (name) _____ Age _____ M / F shirt size _____ Run or Walk

4th Family Member (name) _____ Age _____ M / F shirt size _____ Run or Walk

5th Family Member (name) _____ Age _____ M / F shirt size _____ Run or Walk

I hereby absolve and hold harmless the sponsors and officials of the SACRED HEARTS HOLY COW 5K
RUN/2 MILE WALK from all responsibilities for damages or injuries resulting from my/my family's
participation in this event. I further provide that this agreement applies to my heirs, executors and assignees.

Signature _____ Date _____

PLEASE MAKE CHECKS PAYABLE TO: SACRED HEARTS PARISH