

28th ANNUAL FRIENDLY SONS OF ST. PATRICK



ST. Patrick's Day 10 km and 5 km run/walk
Sunday, April 03, 2011
11:00 a.m.



LOCATION

Start: 5 km, 10 km (11:00 a.m.)

Just west of Sully's Irish Pub, 63rd and Grand.

Finish: 5 km, 10 km

In front of True Value Hardware, 63rd and Grand.

ENTRY FEE

10 km & 5 km Run/Walk

\$20 through Sunday, March 27th, 2011.

\$25 Monday, March 28nd, through Saturday April 2nd.

\$30 Sunday, April 3rd, 2011

Make check payable to: Friendly Sons of St. Patrick.

On-line registration: <http://getmeregistered.com>

LATE REGISTRATION & PACKET PICK-UP

Saturday, April 02, 2:00 p.m. to 5:00 p.m. at SULLY'S IRISH PUB, 110 Grand, West DM.

Sunday, April 03, 9:30 a.m. to 10:45 a.m. at TRUE VALUE HARDWARE, 63rd and Grand, West DM.

You must run the distance you select. If you decide on a different distance, please tell a volunteer at packet pick-up.

Race Coordinators: John Leonhart & Father Jim Kirby

COURSE

10 km Run

Loop through neighborhoods of West Des Moines.

5km Run

Out/back - Grand, Fourth Street and Maple.

Water stop located along the course.

Food and beverage served after the race.

DIVISIONS & AWARDS

5 km & 10 km - Men and Women

19 & under (3), 20-29 (3), 30-39 (3), 40-49 (3), 50-59 (3), 60-69 (3), 70 & over (3).

An Irish-design long sleeve T-shirt to all 5 km and 10 km runners.

RESULTS

Results will be available, and the award ceremony will take place, in Sully's Irish Pub after the race. Results will also be available at www.fitnesssports.com.

"We are proud to team up with our community-minded sponsors as we donate the proceeds of this run to local charities."

28th Annual Friendly Sons of St. Patrick- - April 03, 2011 - - Entry Form

Name (last name / first name) form downloaded at www.FitnessSports.com

Mailing Address

City

State

Zip Code

Birth Date

Shirt Size

S M L X

email address

Age on

4-03-11

Sex

M/F

Running

5K 10K

Entry Fee

(Payable to: **Friendly Sons of St. Patrick**)

5 km & 10 km

20 dollars (through Sunday, March 27)

25 dollars (Monday, March 28 through Saturday April 2nd)

30 dollars (Sunday, April 3rd)

Capital Striders members may deduct \$2 off of 10K and 5K

Don't mail after March 29!!! No refunds

In consideration of acceptance of this entry, I, intending to be legally bound hereby, for myself and administrators, waive and release any and all right and claim for damages I may have or that my hereafter accrue to me against all sponsors, contributors, supporters and officials associated with Friendly Sons of St. Patrick, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from Friendly Sons of St. Patrick.

Date: _____ Signature: _____

PLEASE NOTE:
 One person per entry?
 All boxes completed?
 Release signed?
 Correct amount paid?

MAIL TO: Friendly Sons of St. Patrick, Mickle Center, 1620 Pleasant, Rm 241, Des Moines, IA 50314. Phone: 277-SONS