



Pumpkin Run

5K & Fun Run

November 7, 2009

Race Day Schedule

Saturday, November 7, 2009

- Late Registration and Packet Pick up
- 6:30 am—7:45am
- 8:00 am 5K Run/Walk Begins
- 9:00 am Fun Run Begins

Door Prizes and Awards after Fun Run!!!!

Packet Pick Up Information

Friday, November 6, 2009

- 4:00 – 7:00pm Packet Pick-up
- Late Registration (\$25)

Spaghetti Dinner, 5:00pm-6:30pm

- (\$5 adult, \$4 child, \$20 family)

5k Course: The 5-K race course begins on 12th Avenue at Moreno Street and winds through scenic East Hill. Participants will enjoy a combination of long level stretches with some hills and all paved roads through neighborhoods along beautiful Bayview Park. We run rain or shine!

Check out the course online at:

www.mapmyrun.com/event/united-states/fl/pensacola/297594523088

Prizes: Fantastic Door Prizes!

DON'T FORGET ABOUT OUR FAMOUS PUMPKIN BREAD!

Awards:

- \$50 to overall male & female runners
- Masters (age 40-49)
- Grand Masters (50-59)
- Senior Grand Masters (age 60-69)
- Walk (age 15 and up)
- Juniors (age 14 and under)
- Top 3 Male and Female in above divisions

NEW This Year!
*"Beat the Running Nun"
in the 5k and you may
win a weekend in
Seaside, Florida!*

**Make Checks Payable/Mail to:
Sacred Heart School Pumpkin Run
1603 North 12th Avenue, Pensacola, FL 32503**

BIB NUMBER

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Please print neatly

Last Name: _____

First Name: _____

Address: _____ Apt#: _____

City: _____ State: ____ Zip: _____

Gender: Male Female

E-mail: _____

Home/Cell Phone: _____ Work Phone: _____

Age on race day: Birth Date:

Event: Run or Run/Walk combination

Walk (no running- 2 min. delayed start-age 15+ ONLY)

T-Shirt Size: Youth S M L

Adult S M L XL 2XL
T-shirts guaranteed to the first 1,000 registrants

Fees: \$18 - Adult (age 15+)

\$12 - Juniors (14 and under)

\$25 - LATE REGISTRATION (November 5—7, 2009)

• **By Mail:** Postmarked by Saturday, October 31, 2009

• **In Person:** Wednesday, November 4, 2009 3:00 p.m.

Waiver of Liability: In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executor and administrators, do hereby release and discharge Sacred Heart Cathedral School, The Diocese of Pensacola-Tallahassee, and any and all sponsors from any liability arising from illness, injury, and damage I may suffer as a result of my participation in "The Great Pumpkin Race" on November 7, 2009. I have read the entry information carefully and certify my compliance by my signature below. I also understand that the entry fees are non-refundable and all unclaimed shirts will be forfeited after 2 weeks of the race day and donated to charity. Dogs, bicycles, skateboards and skates are not allowed on the course for safety reasons.

Signature: _____ Date: ____/____/____

(Parent or Guardian's Signature if participant is under 18)