



# Run for the Orphans

*Mustard Seed 5k*

**Saturday May 18, 2013**

**Duluth, Ga**

5k Start: 8:00 a.m.

**Fun Run to immediately follow**

**Start/Finish Line:**

Bunten Road Park, Duluth, Georgia

**Registration:**

\$25.00 before May 11

\$28.00 before May 18

\$30 day of race.

(All registrations before May 12 guaranteed a t-shirt after that on an availability basis)

**Fun Run is \$12.00**

## Awards

**Trophies for 1st Place Male and Female Overall Finishers** as well as medals for top three finishers for male and female in 5 year increment age categories (14 & under, 15-19, 20-24, 25-29 etc.. All the way to 65 and up)

**Sponsored by Catholic Church of Saint Monica Nicaragua Mission 2013**

## Three Options to Register

1) Online

[www.saintmonicas5k.blogspot.com](http://www.saintmonicas5k.blogspot.com)

2) By mail:

Download a registration form at [www.mustardseed5k.blogspot.com](http://www.mustardseed5k.blogspot.com)

Mail check (payable to "Fundracers") and completed entry form to:

Run for the Orphans

1886 Woodpoint court

Lawrenceville, Ga 30043

3) In person on race day (day of race registrants are not guaranteed a t-shirt)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Age on 5/18/2013: \_\_\_\_\_ Gender (circle one): Male Female

T-shirt Size: S M L XL YS YM YL Race 5K \_\_\_\_\_ Fun Run \_\_\_\_\_

**Waiver** – In consideration of this entry, I hereby waive and release any and all rights and claims for damages against Run for the Orphans, Saint Monica's Catholic Church, City of Duluth, Fundracers, its officials, race sponsors, volunteers, as well as any other person connected with their event, and all injuries which I may sustain while taking part in the event or as a result thereof. I certify that I have properly trained for this event and am in physical condition for this event.

Signature: \_\_\_\_\_

Parent or Guardian Signature if under 18 \_\_\_\_\_