

# Sacred Heart High School & Middle School 7th Annual



To Benefit Our  
Scholarship  
Assistance Program



## SAVE THE DATE

Date: Saturday, November 2, 2019

Rain or Shine

Course and Distance: 5K (3.1 miles)

Chip-timed

Registration: 8:30 a.m.

Race Start Time: 10:00 a.m.

Little Hearts Dash: 9:30 a.m.

Race Starts/Finishes at  
Sacred Heart High School Campus

### ROAD RACE WALK, RUN ENTRY FEE OPTIONS

Age Groups	Pre-Registration Until October 30th, 2019	Last Call Registration Oct. 31st - Nov. 2nd, 2019
Adults 19 +	\$20.00	\$25.00
Youth 18 and under	\$15.00	\$20.00
Veterans and Military	No charge (military id required)	No charge

### SHIRT SIZE:

(Limited for registrations  
received after  
October 25, 2019)

Adult Shirt Size (Circle One):

Small	Medium
Large	X-Large
XXLarge	XXXL

**EVENT:** (Circle One) Walk Run

For Online Registration Visit: [runsignup.com/sacredheart5K](http://runsignup.com/sacredheart5K)

Make checks payable to SHHS.

**Paper Registrations** may be dropped off to the Greater Waterbury YMCA or  
Sacred Heart High School Front Desk no later than **3 p.m., Thursday, October 31, 2019.**

You may also mail to Sacred Heart High School,  
Attn: 5K Dash Registration, 142 South Elm Street, Waterbury CT 06706  
to also be received no later than 3 p.m., Thursday, October 31, 2019.

Name: (Please Print) Only 1 entry form per person

Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Alumni Year \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

(Must have email and cell for Race Updates and/or Last Minute Information)

Please help us by making a Tax Deductible Donation to our Scholarship Program \$ \_\_\_\_\_

Waiver (Please read carefully)

I, \_\_\_\_\_, know that participating in the Sacred Heart High School Veterans Day 5K Dash is a potentially hazardous activity. I understand that a 5K race is a physically strenuous activity, and that participating in the activity may result in various types of bodily injury, sickness, emotional injury, heart attack and death. I represent that I am aware of the health risks associated with the activity and that I am medically able and properly prepared to participate in the event. I assume all risks associated with this event, which can include but are not limited to, health risks, falls, contact with other participants, road conditions, traffic, and weather such as heat, cold, wind, humidity, rain, ice or snow.

I, on behalf of myself, my heirs, assigns, executors, and personal representative hereby waive and release Sacred Heart High School, Waterbury, Incorporated ("Sacred Heart High School"), the Hartford Roman Catholic Diocesan Corporation ("Archdiocese of Hartford"), the YMCA, the City of Waterbury, race officials, volunteers, sponsors and any other race-related persons from claims of any kind arising out of my participation in this event, including but not limited to death, injury, damages, expenses or losses sustained during, or received as a result of participation in this event.

I also hereby grant permission to all of the above to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Date \_\_\_\_\_

Signature of Participant

**(PARENT'S SIGNATURE REQUIRED IF UNDER 18 YEARS OF AGE)**

**Sacred Heart High School**

142 South Elm Street

Waterbury, CT 06706

***ANNUAL 5K  
ROAD RACE WALK, RUN  
COME JOIN US!***

Non-Profit Org.  
U.S. Postage

**PAID**

Waterbury, CT  
Permit No. 1672