



# April 27, 2019

## 1 mile / 5K Trail Run/Walk

### Saint Joseph Abbey

**DATE:** Saturday, April 27, 2019

LIMITED TO 500 PARTICIPANTS

**TIME:** 6:45 a.m. – 7:55 a.m. Race Day Registration  
8:00 a.m. – Start of 1-mile race  
8:30 a.m. – Start of 5K race

**Race Day Registration & Bib Number pickup**  
closes promptly at 7:55 a.m.

**PLACE:** Saint Joseph Abbey and Seminary College  
75376 River Road, St. Benedict, LA 70457

**RACE ENTRY:** (checks payable to: Saint Joseph Abbey)

**PRE-REGISTRATION:** must be post-marked by 04-19-19

\$ 15.00 Pre-registered Youth (age 16 & under)

\$ 30.00 All entrants (\$25 Senior 65+)

\$ 10.00 Seminarian

\$ 25.00 No t-shirt entry fee

**Mail:** (post marked by 04-19-19)

Payable by check only to: **Saint Joseph Abbey**

C/O 15<sup>th</sup> Street Flyers

49 Karen Dr. Covington, Louisiana 70433

**In-Person:** (on or before 04-20-19)

**VARSITY SPORTS**

2021 Claiborne St., Mandeville 985.624.8200

**Checks only please, payable to: Saint Joseph Abbey**

**On-Line:** (on or before 04-20-19)

<http://getmeregistered.com/MonkRun2019>

#### RACE DAY REGISTRATION:

\$ 20.00 Youth entrants (age 16 & under)

\$ 35.00 All entrants (\$30 Senior 65+)

\$ 15.00 Seminarian

\$ 25.00 no t-shirt entry fee

**Exclusive opportunity to run on the privately owned grounds of the beautiful Saint Joseph Abbey, which are not open for public recreational use!**

#### T-SHIRTS:

T-shirts will be given out to all pre-registered entrants on the day of the race. Race Day entrants are not guaranteed sizes or availability.

**AWARDS:** Made in Saint Joseph Abbey Woodworks

**1 Mile:** Overall Male and Female; 1<sup>st</sup>, 2<sup>nd</sup> place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 14-16 (male & female).

**5K:** Overall, Masters, Grand Masters, and Senior Masters (Male & Female) and 1<sup>st</sup> & 2<sup>nd</sup> Place in age groups, 16 & under thru 75 & Over (male & female).

#### Post-Race Picnic:

Bring a blanket and enjoy post-race food and refreshments, including beverages from Abita Brewing Company, for all registered participants.

*Race Administered by:*

*Saint Joseph Abbey & the 15<sup>th</sup> Street Flyers Running & Walking Club*



#### FOR RACE INFORMATION CALL:

Diane Weiss: 504-460-2991

**Volunteers Needed: Contact Kathy Nastasi**  
985-867-2284 or email knastasi@sjasc.edu

**Race Applications available at:**

[www.15thstreetflyers.org](http://www.15thstreetflyers.org) and [www.saintjosephabbey.com](http://www.saintjosephabbey.com)

**ALL ENTRY FEES ARE NON-REFUNDABLE**

#### DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

<input type="checkbox"/> \$15.00 Youth (16-under) registered by 04-19-19	<input type="checkbox"/> \$20.00 Youth (16-under) Race Day Registration
<input type="checkbox"/> \$30.00 All entrants registered by 04-19-19 (\$25 Senior)	<input type="checkbox"/> \$35.00 All entrants Race Day Registration (\$30 Senior)
<input type="checkbox"/> \$10.00 Seminarian by 04-19-19	<input type="checkbox"/> \$15.00 Race Day Seminarian
<input type="checkbox"/> \$25.00 No T-shirt entry by 04-19-19	<input type="checkbox"/> \$25.00 Race Day No T-shirt entry

**Checks payable to: Saint Joseph Abbey, C/O 49 Karen Drive, Covington, La. 70433**

**ALL ENTRY FEES ARE NON-REFUNDABLE**

PLEASE PRINT CLEARLY: **\*\*ONE FORM PER PARTICIPANT\*\***

Last Name		First Name		MI	
Street Address/Apartment Number				City, State, Zip Code	
Sex M	Sex F	Telephone Number	Date of Birth	Age	Walker: <input type="checkbox"/> yes <input type="checkbox"/> no
Shirt Size:	YS	YM	YL	S	M
				L	XL
				XXL	Email Address

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Parish of St. Tammany, The Saint Joseph Abbey & Seminary College, the 15<sup>th</sup> Street Flyers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

**Signature: By participant or Parent or Guardian if under 18**

**DATE**

Race Number