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FRIENDLY SONS OF ST. PATRICK
8301 Hammontræe Drive
Urbandale, IA 50322

FRIENDLY SONS OF ST. PATRICK

5 mile



Dr. Mike Kent

5 km



36th Annual

Sunday, April 14, 2019

36th ANNUAL FRIENDLY SONS OF ST. PATRICK



ST. Patrick's Day 5 mi and 5 km run/walk
Sunday, April 14, 2019
11:00 a.m.



LOCATION

Start: 5 mi, 5 km (11:00 a.m.)
 Sands Volleyball Club, just east of 63rd and Grand.
Finish: 5 mi, 5 km
 Sands Volleyball Club, just east of 63rd and Grand.

ENTRY FEE

5 mi & 5 km Run/Walk
 \$25 through Sunday, April 7th. No mail after the 24th
 \$30 Saturday, April 13th at Sully's Irish Pub
 \$35 Sunday, April 14th at Sully's Irish Pub

Make check payable to: Friendly Sons of St. Patrick. On-line registration: <http://getmeregistered.com>

LATE REGISTRATION & PACKET PICK-UP

Saturday, April 13, 2:00 p.m. to 5:00 p.m. at SULLY'S IRISH PUB, 860 1st Street (S. of Grand on 63rd), West DM.

Sunday, April 14, 9:30 a.m. to 10:30 a.m. at SULLY'S IRISH PUB, 860 1st Street, (S. of Grand on 63rd) 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

5 mi Run (NEW COURSE)
 Loop - Walnut Creek Trail & neighborhood Streets.
5 km Run (NEW COURSE)
 Keyhole - Walnut Creek Trail & neighborhood Streets.

Water stop located along the course.
 Food and beverage served after the race at Sully's

DIVISIONS & AWARDS

5 mi & 5 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."

36th Annual Friendly Sons of St. Patrick- - April 14, 2019 - - Entry Form

Name (last name / first name)

Mailing Address

City

State

Zip Code

Birth Date

Shirt Size

S M L X

email address

Age on

Sex

Running

4-14-19 M/F

5mi 5 km

Entry Fee

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

5 mi & 5 km

25 dollars
(through Sunday, April 7)

30 dollars
(Saturday April 13)

35 dollars
(Sunday April 14)

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

Don't mail after April 7!!! 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: 720-8670