

Waiver

I understand that running or walking in a road race is a strenuous activity and that I am properly trained and medically able to participate in such an event. I agree to abide by the directions and instructions of the Race Director, officials and volunteers. I agree to abide by all vehicular traffic laws and yield right-of-way in all situations where I may encounter a motor vehicle during the race. By accepting these statements, I hold the race director; the Bishop of Pittsburgh, the Roman Catholic Diocese of Pittsburgh, The Parish of Saint Bonaventure, Saint Bonaventure School, the Pastor, Principal, their agents, successors and legal representatives, and all other sponsors and suppliers harmless of any and all claims and liabilities that may arise from participation in this event. I give my permission for the free and unrestricted use of my name and picture in any broadcast or written account of the event.

Signature

Date

Parent/Guardian (if under 18)

Date



Race Day Registration opens at 8:00 a.m.
5k run/walk starts at 9:00 a.m

Location: North Park's Harmar Pavilion
South Ridge Drive, Allison Park, PA

Sponsored by St. Bonaventure Parish, Glenshaw, PA

About the race

Please join us for the FIRST ANNUAL St. BONAVENTURE BOBCAT BLAST! 5K RUN/WALK! A fun and challenging event for competitive runners, casual runners and walkers.

Course

The 5k course is a two-loop, USATF-certified road race at beautiful North Park, starting and ending between Harmar Pavilion and Pie Traynor Field (up from the swimming pool).

Teams

A team award will be presented.

Teams of 5 runners are welcome. Please be sure to list your team name on the entry form. EACH RUNNER on your team must list the same team name to be included.

Fees

Pre-registered - \$20

Day of race - \$25

Important Dates/Times

- Last day to register and be guaranteed a t-shirt - October 14
- Pre-race packet pick-up: TBD
- Race Day Registration: Saturday, October 29th, 8:15 - 8:45 a.m.

Amenities

- Race t-shirt
(must be registered by October 14th to be guaranteed a shirt)
- Refreshments

Awards

5k Run:

- Top 3 overall, male and female
- Top 3 by age group
- Top team award
- Awards ceremony and refreshments immediately following

Registration

Please make checks payable to **St. Bonaventure Parish School** and return with the registration form below (including the completed waiver) by mail or in person to:

St. Bonaventure Parish School
Attn: Bobcat Blast 5K
2001 Mount Royal Boulevard
Glenshaw, PA 15116

Race day registration is also available.

Email Amy Hill at amyandxander@verizon.net for more information.

Name: _____

Team name (if part of a team): _____

(Teams consist of 5 runners and each runner must list team name)

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Sex (circle): Male Female

Age on race day: _____

First time 5k participant (circle)? yes no

T-shirt size* (circle)? Youth: S M

Adult: S M L XL XXL

*T-shirts only guaranteed to those who register by October 14 - all else will be based on supply.

** Be sure to read and sign the waiver on the back.