



# 20th Annual St. James 5K Run & 2.5K Family Walk Sunday, October 20, 2019

Same course: Start/finish at St. James Church. Main St. to Lester Ave. to Brocton St. to North Broad St. to Pratt Ave. to Lester Ave. to Helen St. to Ave A to Main St. 2 loops for 5K run and 1 loop for 2.5K walk. Course GPS measured.

**Date:** October 20, 2019  
**Time:** 2:00 PM start  
 12:30 - 1:45 PM Registration  
**Place:** St. James Church  
 147 Main St., Johnson City, NY 13790

**Entry Fees:**  
 Pre-registration by October 15  
 5K Run - \$16 adult, \$10 child 18 & under  
 2.5K Walk - \$10 adult or child  
*Each participant must fill out a form*

**After October 15 or Race Day Registration**  
 5K Run - \$20 adult, \$12 child 18 & under  
 2.5K Walk - \$12 adult or child

**\*\*Family cap is \$50\*\***

**Fee Includes shirt to first 100 registered and post race refreshments.**

**†Youth & XXL pre-registration only.**

**Make checks payable to "St. James Church" and mail to address above.**

**Male and female awards for 5K Run –**  
 Open, masters, and 2 deep for age groups 10&U, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70+.

**A portion of the proceeds will be divided among the Tuition Assistance at St. James, St. James Food Pantry, and Mom's House.**

## To be a Sponsor

**\$250 (Corporate)**  
**\$100 (Family)**

**For more information about the race or sponsorship, contact the St. James Parish Office: (607) 729-6147.**

E-mail: [paz@stny.rr.com](mailto:paz@stny.rr.com)

**I will (Please check one):**      Run 5K       Walk 2.5K       Donate/Sponsor

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

Street Address \_\_\_\_\_ T size (Youth<sup>†</sup>) preregistration only, L

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ T Shirt size (adult) S M L XL XXL<sup>†</sup>

Sex: M  F  Age on race day \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email: \_\_\_\_\_ Phone number \_\_\_\_\_

In consideration of this entry being accepted, I do hereby forever waive and release St James Church/School, the sponsoring organizations, companies, agents, representatives, assigns and successors from all claims of action, which at any time acquire as a result of participation in the event for which this entry relates.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if participant under 18 years old) \_\_\_\_\_ Date \_\_\_\_\_

# St. James 2.5K Walk/5K Run Course Map

Start on Main Street in front of St. James Church. Main St. to Lester Ave. to Brocton St. to North Broad St. to Pratt Ave. to Lester Ave. to Helen St. to Ave A to Main St. 2.5K walk finishes in parking lot of St. James School at end of first loop. The 5K run continues along the same route a second time and finishes in parking lot of St. James School.

Course GPS measured.

