

34th ANNUAL FRIENDLY SONS OF ST. PATRICK



ST. Patrick's Day 10 km and 5 km run/walk
Sunday, March 26, 2017
11:00 a.m.



Where You Have the Right to B - FIT
FitnessSports
www.fitnesssports.com
 6810 Swanson Blvd, Clive, IA 50325
 515/277-4785, Fax 515/277-3854 or 800/529-7684

LOCATION

Start: 5 km, 10 km (11:00 a.m.)
 Just west of Sully's Irish Pub, 63rd and Grand.
Finish: 5 km, 10 km
 In front of True Value Hardware, 63rd and Grand.

ENTRY FEE

10 km & 5 km Run/Walk
 \$25 through Sunday, March 19th, 2017.
 \$30 Monday, March 20th, through Saturday March 25th
 \$35 Sunday, March 26th, 2017.

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

LATE REGISTRATION & PACKET PICK-UP

Saturday, March 25, 2:00 p.m. to 5:00 p.m. at SULLY'S IRISH PUB, 110 Grand, West DM.
 Sunday, March 26, 9:30 a.m. to 10:45 a.m. at SULLY'S IRISH PUB, 110 Grand, 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

10 km Run
 Loop through neighborhoods of West Des Moines.
5km Run
 Out/back - Grand, Fourth Street and Maple.

Water stop located along the course.
 Food and beverage served after the race.

DIVISIONS & AWARDS

5 km & 10 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."

34th Annual Friendly Sons of St. Patrick- - March 26, 2017 - - 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

3-26-17 M/F 5K 10K

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

5 km & 10 km

25 dollars
 (through Sunday, March 19th)

30 dollars
 (Monday, March 20 through Saturday March 25)

35 dollars
 (Sunday, March 26rd)

Capital Striders members may deduct \$5 off of 10K and 5K

Don't mail after March 20!!! No refunds

In consideration of acceptance of this entry, 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 may 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