

37th ANNUAL FRIENDLY SONS OF ST. PATRICK



ST. Patrick's Day 5 km run/walk
Saturday, March 21, 2020
9:00 a.m.



LOCATION

Start: 5 km (9:00 a.m.)
 Sands Volleyball Club, just east of 63rd and Grand.
Finish: 5 km
 Sands Volleyball Club, just east of 63rd and Grand.

ENTRY FEE

5 km Run/Walk
 \$25 through Sunday, March 15th, 2020.
 \$30 Monday, March 16th, through Friday March 20th
 \$35 Saturday, March 21st, 2020.

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

LATE REGISTRATION & PACKET PICK-UP

Friday, March 20, 5:00 p.m. to 7:00 p.m. at SULLY'S
 IRISH PUB, 860 1st Street (S. of Grand on 63rd), West DM.

 Saturday, March 21, 7:30 a.m. to 8:45 a.m. at SULLY'S
 IRISH PUB, 860 1st Street, (S. of Grand on 63rd) West DM.

NOTE: The new date & day for the Friendly Sons 5 km.
SATURDAY, March 21, 2020.

Race Coordinators: John Leonhart & Father Jim Kirby

COURSE

5 km Run (NEW FLAT COURSE)
 Out/back on Walnut Creek Trail through neighborhoods.

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

DIVISIONS & AWARDS

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 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."

37th Annual Friendly Sons of St. Patrick- - March 21, 2020 - - 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

3-21-20 M/F

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

5 km

25 dollars
 (through Sunday, March 15)

30 dollars
 (Monday, March 16 through
 Friday March 20)

35 dollars
 (Saturday, March 21)

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

Don't mail after March 20!!! 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