

St. Paul's 150th Anniversary Zero k event

Pre-Registration Registration \$10.00 per adult, \$3.00 for kids under 12.

T-Shirts are an additional \$17.00

**CONTACT: St. Paul's Episcopal Church
PO Box 248, Put-in-Bay, Ohio 43456
e-mail: stpaulspib@frontier.com
office: 419-285-5981**

Submit one form per participant

Mail or bring this Form and Check to: St. Paul's Episcopal Church, PO Box 248, Put-in-Bay, OH 43456./ Pre-Registration: July 30th-August 5th. Registrations must be received before August 5th

First MI Last Name Under 18 - Age on Race Day

Mailing Address : City State Zip

Day Phone Email Address

T-Shirts are an additional \$17.00 -- Mark T-shirt Size (circle one):

Adult Youth
S M L XL S M L

(ask about availability of larger sizes)

ENTRY FEES ARE NOT REFUNDABLE.

Please Read: The 150th Anniversary Commemorative Zero k event Waiver and Release: I know that participating in a running or walking event, regardless of the distance, and that volunteering in such an event includes an element of risk and may result in injury, of participants, loss of personal property, and other hazards unknown or unpredictable risks (collectively "Risks"). I understand that I should not enter and participate in, or otherwise volunteer for, the 2014 150th Anniversary Commemorative Zero k event Run & Walk (the "Event") unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to complete or volunteer in this Event safely and I further agree that event officials may authorize necessary emergency treatment for me. I also understand that even though the Event is entirely on St. Paul's property, both vehicle traffic and spectators may be present along the 300 step route and I assume the risks of participating under such conditions. I further assume any and all other risks associated with participating in this Event including, but not limited to, illness, traveling to and from the Event, falls, contact with spectators or other participants, and the surface condition of the roads and sidewalks, and other areas on or about the Event course, all such risks being understood and appreciated by me. Having read this waiver and release, knowing these facts, and in consideration of the acceptance of my entry and/or offer to volunteer, I voluntarily and willingly covenant not to sue, and waive any and all claims for any and all losses, damage, injury, or death arising out of Risks during or connected with the Event, howsoever arising, that I, my heirs, executors, administrators, or anyone else who might claim on my behalf may have against all Event sponsors, contractors, and their respective officers, directors, affiliates, employees, agents, assigns, representatives and successors, including St. Paul's Episcopal Church, the Diocese of Ohio, the Episcopal Church USA. sponsors, officials, volunteers and any and all suppliers, agents, employees, independent contractors, employees and any other personnel in any way assisting or connected with this Event. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes in any media now or hereafter developed, my name, likeness, and voice, whether recorded before, during, or after this Event, without liability or obligation to me.

Entries cannot be accepted without a valid signature. Entries from minors will only be accepted with a parent or legal guardian's signature.

Your Signature (Parent/Guardian if participant is under 18)

Date (MM/DD/YYYY)

St. Paul's 150th Anniversary Zero k event

JOIN THE FUN, YOU'VE ALREADY WON

Zero K Race for Fun and to Raise Funds for St. Paul's Outreach Programs without Breaking a Sweat

This year non-runners have their own event with the First Annual St. Paul's "Zero K Race" set for August 9th, 8:00 am – 10:30 am. Participants will gather on St. Paul's front lawn for the Zero-K "Damascus Road" race. (guaranteed, less than 0.5 kilometer)

The Zero-K race appeals to the out-of-shape, uncommitted track star in all of us who:

- Do not have time to train
- Who have has a recent hip, knee or other mobility limiting event.
- Who want something different and fun to do

We expect this to be a kind of quirky event that will be a lot of fun for all the participants and raise funds for St. Paul's outreach through the local Food Pantry, the clergy discretionary fund and in support of the Millennium Development Goals.

It's all of the fun without the need to train for a 5k or 10k run. All participants who complete the "Damascus Road" route, which will be entirely on St. Paul's property, will have to opportunity to purchase an official Zero K T-shirt. Registration is \$10.00 per adult, \$3.00 for kids under 12. Pre-Registration: July 30th-August 5th. Mailed Registrations must be received before August 5th for those who want a T-Shirt. Zero-K T-Shirts may be ordered for an additional \$17.00. They can be mailed to those who do not register in advance.

Registration for the Zero K is now open at <http://stpaulpib.com/>. Fill in the form and mail it in today. Participants can also compete for best costume reflecting St. Paul's history & heritage. The Zero K gives St. Paul's a chance to showcase the labyrinth, where the race begins. Other race features will highlight the 150 history of this congregation.

The race will be run in various "heats" all covered by the registration fee.

- 8:00 am – Race Day registration table opens
- 8:45 am - For all walkers (no running)
- 9:00 am - Super Seniors (over 70 years old) stroll, walk, run, skip or hop
- 9:15 am - Anyone using crutches, wheel chairs or wearing a leg brace. (injury not required)
- 9:30 am - Women running for best time
- 9:40 am - Kids running for best time
- 9:50 am - Men running for best time
- 10:00 am – All comers walk (last chance heat)
- 10:15 am – Awards Ceremony

Send in your signed
registration form
today.

