

# Miles for Missions 5K

9AM Saturday, April 22, 2023

Frontier Park along Seminole Drive, Erie, PA  
Sponsored by Cathedral Prep's Outreach Club



**REGISTRATION:** Packet pickup for pre-registered runners will begin at 8AM at Frontier Park (near the playground). The course starts and ends along Seminole Drive at Frontier Park. The race will be run throughout the park. The exact course layout will be posted on race day. You may also register on-line at <https://runsignup.com/cathedralprepmilesformissions>

**RACE PREMIUM:** Race t-shirt. To guarantee a t-shirt, application needs submitted by March 29, 2023.

**POSTMARK deadline for early paper-registration is Friday, April 14, 2023 (this does not guarantee a shirt). ONLINE registration will continue until Friday, April 21, 2023.**

**All proceeds from the race will benefit both a local and international organization selected by the Prep Outreach Club.**

**AWARDS:** Overall awards in the 5k run to the top male and female, and to the top male and female finishers in the following age groups: 12 & under, 13-19, 20-29, 30-39, etc.

**NOTE: The race will take place as scheduled regardless of the weather, with one exception: the race may be postponed or cancelled altogether if Frontier Park is closed by authorities for any reason.**

For more information, contact Emily Greci at [Emily.Greci@cathedralprep.com](mailto:Emily.Greci@cathedralprep.com).

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Detach and mail to Cathedral Prep 250 West 10<sup>th</sup> Street Erie, PA 16501 Attn: Emily Greci

\_\_\_\_\_ \$25.00 -

Do you intend to walk or run (circle one)?    Walk                      Run

MAKE CHECK PAYABLE TO **Cathedral Prep Outreach Club**

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. # \_\_\_\_\_ E-mail address: \_\_\_\_\_ Gender: M    F

**WAIVER:** I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Parent must sign for son/daughter under 18