

# ENTRY FORM

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

E-mail \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Male \_\_\_ Female \_\_\_ DOB \_\_\_/\_\_\_/\_\_\_ Age on race day \_\_\_\_\_

**Double the Fun, Double the challenge, without double the cost!  
Do the Double add \$10 to any basic fee.**

**Early-bird registration** (until April 30) Check One

- 5K Cross Country \$20
- 5K Road Run/Walk \$20
- Do the Double \$30

**Adult Registration**

(May 1-June 14) Check One

- 5K Cross Country \$25
- 5K Road Run/Walk \$25
- Do the Double \$35
- Non-competitive 1 mile walk \$15

**Youth Registration**

(18 and under) Check One

- 5K Cross Country \$20
- 5K Road Run/Walk \$20
- Do the Double \$30

**Late Registration** (June 15-19 race day) Check One

- 5K Cross Country \$35
- 5K Road Run/Walk \$35
- Do the Double \$45
- Non-competitive 1 mile walk \$15

**Ten for 10th Team** (by June 14) Check One

- Register a team of 10 for \$200!
- 5K Cross Country
- 5K Road
- Do the Double \$30

Circle T-shirt Size T-shirts cannot be guaranteed for entries received after June 8

Youth **M** Adult **S M L XL XXL**

**Every entrant must sign the form. By signing the entry form, you agree to the following:**

I know that running or walking a road and cross country race (the "event") is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I know also that, although police protection will be provided, there will be traffic on the course. I assume the risk of running in traffic. I assume also any and all other risks associated with running or walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the conditions of the roads and trails. I know and appreciate all such risks. Knowing these facts and, in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, assigns, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Sanctuary of Hope and the Archdiocese of Kansas City in Kansas, and all race officials, volunteers, workers and sponsors, and their agents, employees, assigns or anyone acting for and on their behalf, from any and all claims or liability of death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. Also, I give permission for the use of my name and picture in any broadcast, telecast, internet or print media account of this event. This Release and Waiver extends to all claims of any kind or nature whatsoever, whether foreseen or unforeseen. Applications from minors will be accepted only with a parent's signature. No headsets, roller skates, pets, skateboards, bikes or motorized vehicles allowed on the course. The race committee reserves the right to cancel the race due to inclement weather. There will be no refunds if the race is canceled.

Signature \_\_\_\_\_

Parent/guardian signature required if under 18

Register online at [www.sanctuaryofhope.org](http://www.sanctuaryofhope.org) or mail to: Sanctuary of Hope, Run the Good Race, 2601 Ridge Ave., Kansas City, KS 66102

## SPECIAL THANKS TO OUR EVENT SPONSOR



# SATURDAY JUNE 19<sup>TH</sup> 2010

7:00 AM CROSS COUNTRY  
8:00 AM ROAD COURSE



**SANCTUARY OF HOPE**  
2601 RIDGE AVE., KANSAS CITY, KS  
[WWW.SANCTUARYOFHOPE.ORG](http://WWW.SANCTUARYOFHOPE.ORG)

Contact SOH by phone at: (913)321-HOPE (4673) or fax to: (913) 321-4321



## SANCTUARY OF HOPE RUN THE GOOD RACE

Printing donated by AC Printing Co.

## COURSE DESCRIPTION

### 5K CROSS COUNTRY 7 AM

Former Challenge Course with over 1,000 feet uphill, this course is like no other. Treat it as a marathon, you need to pace yourself for 22 hills. The first 1/5 mile is pavement then the cross-country the remaining 2.9 miles, you encounter 20 hills on a 2 loop course. The last 1/3 mile on SOH's wood-chip trail makes an exciting finish. (The course challenges with as much uphill climbing as Hospital Hill in 1/4 the distance.) Please use caution!

### 5K ROAD COURSE RUN/WALK 8 AM

Redesigned this year, this course is great for the serious runner, but friendlier for casual runners and walkers. The start is a fast downhill then winds through residential neighborhoods all on paved roadways.

### DO THE DOUBLE

Make it 10K! Complete the 5K Cross Country, then DO THE DOUBLE by running the 5K Road Course. This combination is the answer for those wishing to experience the greatest challenge. Start times are set to allow runners to compete in both races.

### 1 MILE WALK 8:10 AM

New Course for those looking for more moderate exercise, this new one mile road course provides a family-friendly, entirely paved course before pancakes.

Track and Field Sanctioned Event



## EVENT EXTRAS

### PANCAKE BREAKFAST

After running or walking, relax in the shade on SOH's lawns for a delicious breakfast of pancakes, fruit and sausage. Breakfast is free with run/walk registration. \$5 breakfast only; \$15 breakfast and t-shirt.

### RACE AWARDS

5K CHALLENGE COURSE AND 5K ROAD COURSE  
Medals for Top Overall male and female. Age group awards based on 5 year age groupings.

### DO THE DOUBLE

Medals for Top Overall male and female. All DO THE DOUBLE runners will receive a "I Did the Double" t-shirt.



### ABOUT SOH

Sanctuary of Hope, an inter-faith prayer and retreat center, provides a place for individuals and groups to come for time to reflect and reconnect with their inner-self and their God. Here a 33 acre oasis of wooded trails, meadows, gardens and a 100 year old building, provide space for meditation, quiet reading and group interaction near the heart of the city. Twenty-two guest rooms offer simple accommodations for stays of a single night or many days. Funds raised through Run the Good Race allows SOH to offer reduced rates and scholarships to those with financial need. SOH is a not-for-profit organization (501C3).

### Directions

**From South Johnson County:** Go north on Roe (it will change to 18th St. Expressway) to Ridge Ave., go left on Ridge 0.5 miles to our gate. **From the West:** Go east on I-70 to exit 419, Park Dr., turn right and continue on Park 0.9 miles to 26th St., turn right onto 26th at the City Park, to our gate at the top of the hill. **From the East:** Go west on I-70 to exit 420 B for 18th St., north 0.3 miles to Ridge Ave., turn left on Ridge 0.5 miles to our gate. **From the North:** Using I-635 to I-70-eastbound, follow directions "from the west;" Using I-670 or I-29/35 to I-70-westbound, follow directions "from the east."

## REGISTRATION

### INDIVIDUAL

**EARLY BIRD REGISTRATION** (by April 30)  
\$20 one course \$30 Do the Double

**REGISTRATION** (May 1 - June 14)  
**ADULTS** \$25 one course \$35 Do the Double  
\$15 non-competitive one-mile walk  
**YOUTH (18 AND UNDER)**  
\$20 one course  
\$30 Do the Double

**CHILDREN** under 8 free on one-mile walk  
**TEAM** see below for special discounts

**LATE REGISTRATION** (June 15 - 19 race day)  
\$35 one course \$45 Do the Double  
\$15 non-competitive one-mile walk

(T Shirts not guaranteed for registrations received after June 14th. Advanced registration must be postmarked by June 14th. Online registration closes at midnight June 14th.)

### TEAM

**MORE FUN - LESS COST** Support Sanctuary of Hope's 11th Annual Run the Good Race and highlight your group with a Ten for 10th Team. Teams receive a free team picture and team/organization name announced during event.

\$200 team of 10 (\$20 person) for one course  
\$10 additional for each Do the Double

A team can be any group of 10 or more people (business, school, club, family or just 10 friends). Teams must have a captain who will serve as a contact person and pick-up the packets for all team members. Team members may register in any combination of events. For teams registering by mail or in person, all 10 should register together. Teams must register by June 15.

### ON-LINE REGISTRATION/INFORMATION

[www.sanctuaryofhope.org](http://www.sanctuaryofhope.org) or [www.sportkc.org](http://www.sportkc.org)

### PACKET PICKUP

#### SANCTUARY OF HOPE

Thursday, June 17, 5:30 PM to 8:30 PM  
Friday, June 18, 11:00 AM to 6:00 PM  
Race Day beginning at 6:00 AM

### VOLUNTEERS WELCOME

We'd love to have you volunteer! Contact us at 913-321-HOPE (4673) or visit SOH on-line at [www.sanctuaryofhope.org](http://www.sanctuaryofhope.org)