



Sponsored by Sussex County Catholic Schools
Saturday, September 19, 2009



Pope John XXIII High School
 28 Andover Road., Sparta, NJ 07871
 9:00 Fun Run/Walk
 9:30 5K Run

Andy Ball

Awards Given to
 Top Three Male and Female Runners
 Additional Awards given for various age groups 7-70 and up
Runners Receive T-Shirts while supplies last

USATF-NJ Athletes save \$2.00
 if registered by Sept 9, 2009

Registration Fees:

Early Registration (Register by September 4th)	\$20.00
Regular Registration (Register Sept 5-Sept 16)	\$25.00
Late registration (Sept 17th through race day)	\$30.00
Fun Run (Pope John High School Track)	\$10.00

ONE RUNNER/WALKER PER FORM PLEASE

BIB #

Last Name _____ First Name _____
 Address _____
 City _____ ST _____ Zip _____
 E-mail _____ Phone _____
 Shirt Size: YL, AL, AXL Age on Race Day _____ Date of Birth _____ Gender _____
 Are you currently a Sussex County Catholic School Student? Yes No
 School/Grade _____
 2009 USATF-NJ# _____ Grand Prix Scoring Only Est. Finish Time _____
 Occupation _____ Business Name _____

For Office Use Only

Payment Enclosed: Cash _____ Check # _____
Make checks payable to: Pope John High School

5K Run Registration (7 Yrs+) _____
Fun Run Registration _____
Both Events (Same price as 5K) _____

In Consideration of your acceptance in the 5K Spirit Run, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization (Andy Ball, Sparta Township, Sussex County, Pope John High School, active.com and co-sponsors, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to 5K Spirit Run to use photos that may include myself for promotion and publicity; and understand that if the Run cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Signature _____ Date _____
 Signature _____ Date _____
 (Parent or Guardian if under 18)

Online Registrations available at www.Active.com
 Mail Applications to: Pope John XXIII High School 28 Andover Road Sparta, NJ 07871
 Or submit application to any of the Academy schools
 For more information, e-mail SpiritRun@hotmail.com or visit www.5kspiritrn.com
Packet pick-up begins at 7:30 a.m. on race day