



2016 Crusader Homecoming 5K, 3K & Family Fun Run

Saturday, October 1st, 2016

Registration 8:00 – 9:15 am

3K – 9:30 am

5K – 10:00 am

Fun Run – 10:30 am

Where is it located?

- Muskegon Catholic Central High School
 - 1145 W. Laketon Ave, Muskegon, MI 49441
 - The races will begin and end on the old track at Monsignor Kehren Stadium at Muskegon Catholic Central High School.
- Facilities
 - Check-in/registration will be located at the football concession area.
 - In case of rain, registration will be at the Cioe gym in the high school.
 - There will be bathrooms available by Cioe gym and at the football field.

Checks/Entry Fee?

Checks need to be payable to Muskegon Catholic Central with note: Homecoming 5K

- 5K race or 3K race
 - **Must receive by September 26th for guaranteed t-shirt**
 - Adults - \$20
 - Alumni - \$15
 - K – 12 Grade Level Student - \$10
- Family Fun Run
 - **Must receive by September 26th for guaranteed t-shirt**
 - All entries - \$10 (covers cost of shirt and medal)

Race Classifications:

- 5K – feature race, most competitive runners
- 3K – beginner runners, middle school runners, walkers (medals for youth through age 14 only)
- Fun Run (1/2 mile) – Young youth and parents of young youth

Awards: **Note -- Subject to change based on number of entries prior to race day.**

- **5K race**
 - **Overall male and female winners (receive trophies)**
 - **Green (under 30)**
 - **Gold (30 – 49)**
 - **Masters (50+)**
 - Top 3 places to the following age groups (male and female):
 - 14 and under, 15-18, 19-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70 and over
- **3K race**
 - Top 3 places to the following age groups (boy and girl):
 - 7-8, 9-10, 11-12, 13-14
 - Open Race: 15 and up → no medals/awards
- **Fun run (1/2 mile)**
 - All entrants ages 8 or under will receive a medal and ribbon
 - Questions? Contact: Jason Stariha, Athletic Director 231-755-2201 ext. 346, 540-446-9177, or jstariha@muskegoncatholic.org

Weebly Website: mcccrusaderhomecoming5k.weebly.com/



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RACE DAY REGISTRATION FORM

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

Date of Birth: _____ Age on Race Day: _____ Gender: _____

Please check:

Adult: _____ MCC Alumni _____ K-12 Student _____ Under 5 _____

Race (circle choice):

5K 3K ½ mile Fun Run

Date of Birth: _____ Age on Race Day: _____ Gender: _____

Waiver/Health liability statement: To be signed by the athlete and the parent-guardian of athletes who are under 18:

I hereby release the sponsors and officials of the Crusader Homecoming 5K/3K/Fun Run Races to be held on October 1, 2016, from all damages or injuries incurred during or arising out of my participation in this event. I also certify that I am in sufficient physical condition to participate in this event. The race management reserves the right to cancel the race due to low turnout **with refund**, due to inclement weather on race day **without refund**, or other conditions that the race management team sees as dangerous to race participants **without refund**.

Athlete Name: _____

Athlete Signature: _____

Parent/Guardian Signature (if athlete is under 18): _____