

# THE HELIAS

## COLOR

### CRUSADE 5K

# 10-20-18

#### PRE-REGISTRATION FEE

- Age 13 and up.....\$15.00
- Age 6-12 .....\$10.00
- Age 5 and under (with paid adult fee).....FREE

#### PRE-REGISTRATION

- Pre-register by **Friday, October 5, 2018** to receive guaranteed t-shirt size.
- Pre-register online at [www.heliascatholic.com](http://www.heliascatholic.com) OR pick up registration form at the Helias Catholic High School office or Helias Foundation office.
- Mail completed registration form and payment (**made payable to Helias Catholic High School**)  
c/o Staci Kampeter  
1305 Swifts Hwy - Jefferson City, MO 65109

**\*DAY OF RACE REGISTRATION FEE IS \$20.00 FOR EACH PARTICIPANT.**

#### PACKET PICK-UP

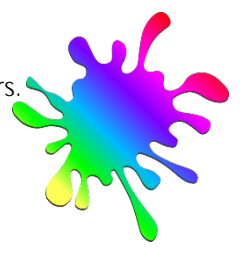
Pick up pre-registration packets on Friday, October 19, 2018 at Helias Catholic High School - 1305 Swifts Hwy. from 9:00 AM - 3:00 PM OR on Saturday morning, October 20th at the **Crusader Athletic Complex**

#### RACE SCHEDULE (Day of Event - Saturday, October 20, 2018)

- 8:00 - 8:45 AM.....Registration & Pre-Registration Packet Pick-up at Crusader Athletic Complex
- 9:00 AM.....5K Run/Walk beginning at **Crusader Athletic Complex**

#### RACE COURSE

- Race begins at the **Crusader Athletic Complex** and ends at Helias grass practice field details on our website at: [www.heliascatholic.com](http://www.heliascatholic.com)
- Don't miss this outing perfect for everyone from runners to families with children and strollers.
- Restrooms available at Crusader Athletic Complex
- Sorry, no pets, rollerblades or bikes on course.
- This is a non-competitive run; therefore it will not be a timed run/walk.



#### RACE DAY TIPS...

- Expect to get MESSY and have FUN!!
- DO bring a change of clothes and/or a towel for your car.
- There will be blow off stations at the finish line.
- The colors will wash out, but we advise NOT to wear your best clothes, most expensive shoes, or bring your nicest stroller. Sunglasses recommended to wear during the run.
- While wearing white will get you the most color, please feel free to wear fun colorful outfits.
- DON'T WORRY! The color is Non-Toxic. It is colored cornstarch.

# THE HELIAS COLOR CRUSADE 5K

Saturday, October 20, 2018

## REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Available T-Shirt Sizes: Youth S M L Adult: S M L XL XXL

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Check Payable to:  
Helias Catholic High School  
c/o Staci Kampeter  
1305 Swifts Hwy  
Jefferson City, MO 65109

### Pre-Registration Fees

Age 13 and up.... \$15.00

Age 6-12.... \$10.00

Age 5 and under (with paid adult fee).... FREE

Guaranteed T-Shirt Size

DAY OF RACE REGISTRATION FEE IS \$20 FOR EACH PARTICIPANT.

**Waiver:** I acknowledge and represent that I am physically fit to participate in an event of this nature. I accept full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability Helias Catholic High School, Helias Foundation Incorporated, the City of Jefferson and all race sponsors and any race officials. Helias Catholic High School is not responsible for any personable belongings.

Signature \_\_\_\_\_

## \*The Helias Color Crusade 5K Route\*

- Begin lined up on the track in the Crusader Sports Complex. Start at the gate at the North end of the track.
- Turn right into parking lot running/walking up incline turning right onto Myrtle Ave.
- Turn left onto Swifts Hwy and run/walk through Helias Catholic's front parking lot
- Continue on Swifts Hwy to Jefferson Street.
- Turn right onto Jefferson St. and go to bottom of hill at round-about.
- Turn right onto Stadium Blvd and continue to Southwest Blvd.  
(Mile 1 on Stadium Blvd, driveway leading up to Trinity Lutheran)
- Turn right onto Southwest Blvd to Swifts Hwy.
- Turn right onto Swifts Hwy then left into Capital City Christian's parking lot.
- Run/walk down driveway to the Crusader Sports Complex parking lot.  
(Mile 2 marker is across from the Gate on Helias soccer field)
- Continue up incline turning right onto Myrtle Ave.
- Turn left onto Swifts Hwy and run/walk through Helias Catholic's front parking lot
- Continue on Swifts Hwy to Carter St..
- Turn right onto Carter St. and run through both of Helias Catholic's parking lots, continuing back onto Carter St.
- Turn right onto Stadium Blvd and continue to Helias Catholic's old practice field
- Turn right into lower coaches' parking lot and onto track to finish line.