



THE HELIAS

COLOR

CRUSADE 5K

10-26-19

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 11, 2018** to receive guaranteed t-shirt size.
- Pre-register online at **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

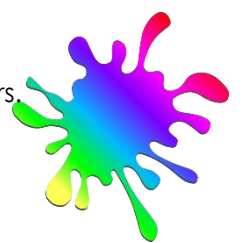
Pick up pre-registration packets on Friday, October 25, 2019 at Helias Catholic High School - 1305 Swifts Hwy. from 9:00 AM - 3:00 PM OR on Saturday morning, October 26th at the **Crusader Athletic Complex**

RACE SCHEDULE (Day of Event - Saturday, October 26, 2019)

- 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: <https://heliascatholic.com/about-us/forms/>
- 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.
- 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 26, 2019

REGISTRATION FORM

Name _____ Age _____ DOB _____ T-Shirt Size _____

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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 _____