

# Good Shepherd Irish "Run for the Gold"

## 5K Fun Run/Walk



Part of the Frankfort Striders Run/Walk Series

Benefiting the Visual and Performing Arts  
Program of Good Shepherd Catholic School



Saturday, March 16, 2019  
9:00am~Downtown Frankfort

**Race Packet Pickup & Late Registration**  
Thursday, March 14, 9am - 6pm  
Friday, March 15, 9am - 6pm  
Saturday, March 16, 7am-8am

Location: White Cat Studio, 232 W Main St, Frankfort, KY

Complete one form for each participant:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_ M \_\_\_\_ F \_\_\_\_

Early Registration through January 18, 2019 \_\_\_\_\_ \$20  
Registration January 19–February 28, 2019 \_\_\_\_\_ \$25  
Late Registration March 1–March 15, 2019 \_\_\_\_\_ \$30  
Virtual Runner \_\_\_\_\_ \$25

\_\_\_\_ No shirt/Donate the cost of my shirt to the GSCS Arts Program

\_\_\_\_ Shirt size upgrade (2XL & 3XL only) - \$3

\_\_\_\_ Additional Donation for GSCS Arts Program \$ \_\_\_\_\_

Referred by: \_\_\_\_\_

Age Division:  0-7     8 -11     12-15     16-19  
 20-24     25-29     30-34     35-39     40-44  
 45-49     50-54     55-59     60-64     65-69     70+

Please circle T-Shirt Size - to guarantee your shirt size register by March 1, 2019

Youth S    Youth M    Youth L    Adult S    Adult M

Adult L    Adult XL    Adult 2XL(\$3 fee)    Adult 3XL(\$3 fee)

### Release of Responsibility

Runners must be careful to register and run under their proper name, gender, and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against Good Shepherd Catholic School, its agencies and the employees and agents of both, involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Good Shepherd Irish "Run for the Gold" 5K Fun Run/Walk competition on March 16, 2019. I further state that I am in proper physical condition to participate in this event. I also release publication rights to photographs taken of me taken during the Good Shepherd Irish "Run for the Gold" 5K Fun Run/Walk for purposes of publicity for this and future Good Shepherd Catholic School events. Use of headphones is discouraged.

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

If under 18, signature of Parent/Guardian:

\_\_\_\_\_

### Make checks payable to:

Good Shepherd Catholic School

### Mail to:

Good Shepherd Catholic School  
Attn: Run for the Gold  
75 Shepherd Way  
Frankfort, KY 40601

For more information, visit us on the web at [www.gssfrankfort/run-for-the-gold](http://www.gssfrankfort/run-for-the-gold)

or follow us on Facebook at Good Shepherd "Run for the Gold"

To register online, go to

<https://runsignup.com/Race/KY/Frankfort/GoodShepherdRunfortheGold3K>



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