

Sacred Heart High School
Cross Country Team
1st Annual Alumni Run and Picnic



Sunday, July 25th at Parvin State Park
(5K Run/Walk Trail) @ 9AM
Alumni Picnic to follow at Coach Lutek's House
(at about 10AM)

\$10 donation is requested, for anyone who will be attending the picnic.
All donations are welcome, and will benefit the SHHS 2010 Cross
Country Team!!!

Fun Run Details

- If running/walking the 5K trail, arrive @ Parvin State Park @ 8:30 AM.
- Bring:
 - Signed registration form and \$10 donation (Note: Registration Form appears below. Print it out, sign it, and bring it with you on July 25th!)
 - Water for the run/walk (more will be provided after the event)
- Park in the lot on Almond Road (main entrance across from the beach).

Picnic Details

- After the run, all are welcome to come to Coach Lutek's house for a picnic.
- Bagels, fruit and beverages will be provided.
- Coach Lutek's address will be provided the morning of the run, while at Parvin's.
- You may contact Coach Lutek for more information at jlutek@shhslions.com.

SHHS Alumni 5K Run/Walk Registration Form

Name_____

Age_____

Address_____

Emergency Contact

(Name - Relationship) (Phone Number)

Please read the following carefully, and sign below:

By signing this form, I release all sponsors, heirs, executors, administrators, Sacred Heart High School and the Township of Pittsgrove from responsibilities for any injury or damages that may occur to, or from while running and attending the above activities and verify that I and or my child/children, are trained and in good physical condition for the race I (or child/children) have entered.

Signature_____Date_____

Parent/Guardian Signature _____ Date_____

(If participant is a current SHHS Student or under 18)