

HCA FAMILY FUN & FITNESS DAY

Saturday April 23rd, 2016
Festival Pavillion, Wehner Park Shrewsbury

5K Fun Run at 8am
1K Family walk at 9am
Yoga, Pilates, Family Boot Camp from 8am- 11am

\$15 per person or \$50 per family



Registration:

Family Name: _____

Address: _____

City _____ State _____ Zip _____

Phone _____

Email _____

(Make all checks payable to Holy Cross Academy)

_____ \$15 per person X _____ people

_____ \$50 per family

Participant Names:

Shirt Size

Youth	Adult
S M L	S M L XL
Youth	Adult
S M L	S M L XL
Youth	Adult
S M L	S M L XL
Youth	Adult
S M L	S M L XL
Youth	Adult
S M L	S M L XL

Please circle your planned events:

5KRun

1KWalk

Yoga

Pilates

Family Boot Camp

Jazzercise

In consideration of the entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Holy Cross Academy, the City of Shrewsbury, Archdiocese of St. Louis, successors and assigns for any and all injuries suffered by me in said event.

I have read and agree to the conditions of this waiver as a participant over 18 years of age or a parent/legal guardian of a minor under 18 years of age or a legal guardian of a person with intellectual or developmental disabilities.

Signature

Date