

ANNUAL MONASTERY 5K

Join us at the eleventh annual Monastery trail race.

The run/walk event will benefit the
Monastery of the Holy Spirit Food Pantry Outreach.

*5 K Run
3.1 Mile*

**Register in person
at the monastery gift store**

After the race
Take a stroll on the new
Rockdale River Trail.
Then visit the giftstore.

REGISTRATION FORM

Entry Fee: \$35.00 (for all participants)

When: Saturday May 6, 2023

Race time: 8:30 AM - **Packet Pick-up** 6:30 AM

Location: Monastery of the Holy Spirit, 2625 Highway 212 SW, Conyers, GA 30094-4044

Participant information: Please (print clearly) and Sign Liability Statement

Name	_____	Sex M F
Street Address	_____	
City, State, Zip	_____	
Age as of Event Day**	_____	**Youth under 18 require waiver
Emergency Contact Name & Phone #	_____	
E-Mail	_____	T-Shirt Size S M L XL

Release of Liability: I, the undersigned, for myself, my heirs, personal representatives and assigns, do release, waive, covenant not to sue and discharge Monastery of the Holy Spirit, Revolution Running and affiliated persons and entities with this event from liability from any and all claims resulting in death, personal injury, accidents or illness and property loss arising from but not limited to, participation in this athletic event. I also understand that entry fees are non-refundable.

Required Signature of Participant:

Signature: _____

Date: _____

****Parent or guardian if participant is under 18 years of age:**

Signature: _____