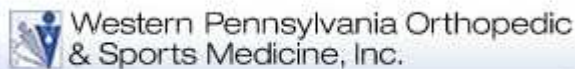


This event is sponsored by:



We're with you every step of the way

And by our friends:

- PRO Active Sports
- Servinsky Jewelers

DiSepio Institute for Rural Health and Wellness

108 Franciscan Way
Loretto, PA 15940
(814) 472-2783



The DiSepio Institute promotes health and wellness as part of SFU's Franciscan mission of academic excellence and achievement combined with community service, particularly to the rural, underserved population. The Institute seeks to enhance the research mission, academic curriculum, student life co-curriculum, and community service profile of the University, helping to promote it as the Catholic and Franciscan higher education institution of choice in the United States.

For more information, contact:
Melinda Krimmel
(814) 472-2783
mkrimmel@francis.edu

Saint Francis University, inspired by its Franciscan and Catholic identity, values equality of opportunity, human dignity, racial, cultural and ethnic diversity, both as an educational institution and as an employer. Accordingly, the University prohibits and does not engage in discrimination or harassment on the basis of gender, age, race, color, ethnicity, religion, sexual orientation, marital status, disability, veteran status, or any protected classification. The University is committed to this policy based upon its values and in compliance with federal and state laws. This policy applies to all programs and activities of the University, including, but not limited to, admission and employment practices, educational policies, scholarship and loan programs and athletic or other University sponsored programs.

Questions regarding this policy may be addressed to the Institutional Compliance Officer/Affirmative Action/Title IX/Section 504 Coordinator, Saint Francis University, 102 Raymond Hall, Loretto, PA 15940 (814) 472-3264.

Effective: April 1, 2010

The DiSepio Institute
for Rural Health and Wellness
at Saint Francis University
presents:

The 5th Annual DiSepio Institute 5K Fitness Challenge

Consisting of:
5K Run/Walk
and Fun Run



Saturday, October 26, 2013

**Saint Francis University
Loretto, PA**

Course Descriptions

5K run/walk: The 5K run/walk starts on the mall at the DiSepio Institute and winds around and through the Saint Francis University Campus.
Start time- 9:30 a.m.

Fun Run: 100 meter run on the mall. Race for children ages 3 to 9. **Start time- 9:15 a.m.**

Registration

Pre-Registration:

We offer pre-registration discounts for all registrations prior to race day (see grid below). Registrations may be mailed in or dropped off on the ground floor of the DiSepio Institute. You may access the registration form online at francis.edu/5k-fitness-challenge-2013

Day of Race Registration

Race day registration is available from 8:00 to 8:45 a.m. at the DiSepio Institute and is on a first-come first-serve basis.

| Individual Rate | | Children Rate (ages 3 to 9) |
|---|------|---------------------------------|
| Early Registration (Until Sept. 23) | \$10 | \$5 |
| Pre-Registration (Sept. 24 to Oct. 25) | \$15 | \$8 |
| Day of Race Registration | \$20 | \$10 |

** Day of Race Registration can only be made payable by check or cash.

Race Packet Pick-up

Before the Race:

Race packets are available at the DiSepio Institute on the Saint Francis University campus on Oct. 23, 24, and 25 from 8 a.m. until 4 p.m.

Day of the Race:

Race packets are available at the race packet pick-up table at the DiSepio Institute from 8:00 to 9 a.m.

Awards Ceremony

Awards will be given out immediately following your individual race. Top overall finisher in the male and female category in the 5K will receive a prize bag.

We will be awarding medals to the top three male and female finishers in the following age categories for the 5K run/walk:

14 to 19, 20 to 30, 31 to 40, 41 to 50,
51 to 60, 60 and above

All participants will receive a ribbon for finishing the event

Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.

Prize Drawing

Every participant will be entered into a drawing for 3 prize bags, consisting of: SFU t-shirts, water bottle, and other items!

DiSepio Institute 5K Fitness Challenge

Access the registration form online at francis.edu/5k-fitness-challenge-2013

Mail registrations to:

DiSepio Institute for Rural Health and Wellness
Saint Francis University
108 Franciscan Way Loretto, PA 15940

Please Print Legibly:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Date of Birth: _____ Age (Race Day): _____

Sex: M F

Long Sleeve Shirt Size: S M L XL
 XXL Youth S Youth M

Race: 5K run/walk
 Fun Run- 100 meters(ages 3-9)

Payment Information:

Checks or Cash are accepted

(Checks made payable to: Saint Francis University)

Amount Enclosed: _____

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge the DiSepio Institute for Rural Health and Wellness, Saint Francis University, and all event sponsors, event volunteers and workers and their offices, directors, agents, successors, and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand that I may be photographed and agree to allow my photo, video, or film likeness to be used for legitimate purposes by any of the aforementioned parties.

Signature: _____

Parent/Guardian if under 18

Date: _____

**** All participants must complete an application**

****Copy this form as necessary per applicant**