

*We are grateful
for the support of...*



AYLMER EXPRESS GRAPHICS GROUP

The Aylmer Express Printing Company

Willie's Catering

Blackfriars Bistro

Hayman Construction

James A. Harris Funeral Home

The Milk Chicks

Carlyle Peterson LLP

Taz Hair Co.

The Oxford Book Shop

Sunripe Market

Garlic's Restaurant

Karen Schuessler Singers

Locomotive Espresso

Pazoon's Pizza

Angelo's Italian Bakery



The Courses:

The 5 km heads NORTH from the church on Wellington to Grosvenor, then west on Grosvenor down into Gibbon's Park to follow the bicycle path to the Parkway. The route then follows the Parkway to Sunset, University Drive, across Richmond at the University Gates to Brough, Brough to Huron to Wellington, then south on Wellington ending in front of the Parish Hall.

Water station at 2.5 km. Course is stroller & wheel-chair friendly.
Volunteer marshals at key intersections.



Support Online:

...go to the CanadaHelps.org link in the footer section of St. John's website

The St. John's 5k Run and Walk

The Church of St John the Evangelist
280 St James St., London, ON N6A 1X3
Phone: (519) 432-3743 Fax: (519) 432-5802

www.stjohnslondon.ca



The Church of St John the Evangelist
The 13th Annual
St. John's 5k Run & Walk

Sunday, **October 20th**, 2019
2:30 p.m. start

The St. John's 5k Run and Walk



St. John's outreach focuses on hunger and homelessness in our community and beyond. Our major effort is the providing of an evening meal every Saturday night for up to 200 Londoners in need.

We count on the St. John's 5K to provide the funds to keep our programs going.

And besides...it is fun!

- T-shirts to all entrants!!
- Post-race pizza for all!!
- Prizes in each youth category AND
 - Greatest amount pledged (child & adult)!

Race Start:

Sunday October 20th at St. John's Parish Hall on Wellington Street just north of St. James Street.
-2:30 start

Registration:

At the church office, Tuesday October 15th to Friday October 18th, 9 am to 3 pm
OR - on race day, 1:30 pm at the church.

Entries:

A minimum of \$10 in pledges (\$30 for a family entry)

Categories: on race day

Girls and Boys- 7 & under (accompanied by an adult) ... 5K walk or cycle
8 to 10 ...5K run
11 to 12 ...5K run
13 to 16 ...5K run

Women and Men- 17 to 35 ...5K run or walk
36 to 49 ...5K run or walk
50 to 69 ...5K run or walk
70+ ...5K run or walk

Dog & Owner- 5K stop and sniff

Team challenge- most \$\$ raised

Facilities:

Washrooms available in the Parish Hall. There are no shower facilities.



Pledge Form

The St Johns 5k Run and Walk Ten \$10.00 Sponsors means 50 meals

Special Incentives: Prizes for both the child (12 and under) and the adult with the highest total pledged.

INSTRUCTIONS... In order to be eligible for great prizes, please complete your pledge form and collect your money and bring both to the "pledge desk" on race day.

extended pledge forms available at www.stjohnslondon.ca

Runner/Walker Information

Name of Runner/Walker _____		Phone _____	
Address _____			
Postal Code	Phone		Pledge
Postal Code	Phone		Receipt
Sponsor's Name (Please Print) *		Sponsor's Address	
Total Pledged <input type="text"/>		Amount Remitted <input type="text"/>	

* Please check if a member of St John's

Please make pledge cheques payable to The Church of St John the Evangelist
Receipts for income tax purposes are issued for pledges of \$20 or more

Entry Form

The St Johns 5k Run and Walk

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME					FIRST NAME					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (INCLUDE APT. #, R.R. #)										
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
CITY/TOWN					PROVINCE					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
AREA CODE					PHONE					
Age on Race Day _____										
<input type="checkbox"/> Please check if a member of St John's										
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/>										
SIGNATURE (Parent of Guardian if under 18) _____										
Date _____										

WAIVER: In consideration of my being permitted to participate as an entrant or competitor in this event, I myself, my heirs, executor, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, all sponsors, organizers, the City of London, any and all clubs, associations, sanctioning bodies and sponsoring companies, participants, competitors, entrants volunteers and all of their respect agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses and demands in respect of death, in loss or damage to my person or property howsoever caused arising out of my being permitted to attend at or in anyway take part prior to, during or subsequent this event whether as a spectator, participant, competitor, entrant or otherwise and notwithstanding that the same may have been contributed to or occasioner the negligence of any of the aforesaid, their agents, officials, servants or representatives. I hereby grant to the sponsors, and their authorized representatives irrevocable right to use in any way I or they see fit, for the purposes of publicizing, advertising and trade, without restriction, my name and/or voice and/or photo appearance and face and/or comments concerning the event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver release and indemnification.