



5K Run/2-Mile Walk

Saturday, April 21 at 9 a.m.

Early registration deadline . . . April 16th

Early registration entry fee \$15
includes a T-shirt and brunch after the race.

Registration fee is not refundable.

Registration day of event \$20

Race day start time 9 a.m.

Registration begins at 7:30 a.m.

Packet pick-up: Packets may be picked up between 7:30 a.m. and 8:45 a.m. on the day of the race at the Welcome Center on the Conception Seminary College campus.

5K Run: Out and back on a scenic, paved road. Traffic control. 1st, 2nd and 3rd places, male and female, in each age group.

2-Mile Walk: Participants estimate the time it will take to walk two miles around the walking trail (weather permitting) or paved surface on the Abbey grounds. The person finishing closest to their estimated time wins (see registration form). 1st, 2nd and 3rd places, male and female in each age group. Anyone wearing a watch will be disqualified.

Brunch: Free for all participants and volunteers. Your race number is your ticket to brunch. Others will be charged \$5.

Health Fair: Back by popular demand, we will again have a health fair at this year's event. Some offerings include: bone density testing, blood pressure testing, dietary info, massages, and other health related booths.

Awards/age groups: 1st, 2nd & 3rd, male and female, in each of the following groups for both events:

13 and under	40 to 49
14 to 19	50 to 59
20 to 29	60 to 69
30 to 39	70 and up

Plus top male and female overall winners. Overall winners do not receive age-group awards. Awards will be presented at brunch.

Accommodations: Limited overnight accommodations are available for Friday and/or Saturday night at the Abbey Guest Center. Contact Br. Jonathan at (660) 944-2809.

Showers: Available for all participants in the JFK Recreation Center. Bring your own towel and soap. Not responsible for lost or missing items.

Gift Shop Open: The Bennet Book, Card & Gift shop will be open from 8 a.m. to 3 p.m.

For more information about Abbey Trails, Conception Abbey or Conception Seminary College, Contact Jenny Huard, Director of Communications:

☎ (660) 944-2823 ✉ jhuard@conception.edu
🌐 www.conception.edu 🌐 www.conceptionabbey.org

Thank you for your participation! All proceeds assist with the healthy lifestyles of the monks, seminarians and surrounding communities!

OFFICIAL ENTRY FORM: (please complete both sides of form) FEE: \$15 (after April 11, \$20.)

NAME: _____ **AGE(Required): _____

ADDRESS: _____ **SEX(Required): MALE FEMALE

CITY, STATE, ZIP: _____

PHONE: _____ EMAIL ADDRESS: _____

EVENT: 5K Run _____ minutes and _____ seconds

EVENT: 2-Mile Walk *Estimated walk time(Required): _____

T-SHIRT SIZE: SMALL MEDIUM LARGE XLARGE XXLARGE

DONATION ENCLOSED FOR CONCEPTION SEMINARY COLLEGE \$ _____

PLEASE SEND ME MORE INFORMATION ABOUT CONCEPTION ABBEY AND CONCEPTION SEMINARY COLLEGE.

***IF WALKING, ESTIMATED TIME IS REQUIRED**

****AGE AND SEX ARE REQUIRED IN ORDER FOR APPLICATION TO BE PROCESSED.**

Please return this form & registrations fee to:
Abbey Trails, Conception Seminary College
PO Box 502, Conception Mo 64433

WAIVER: In consideration of accepting this entry, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators assigns, waives, releases, discharges and covenants NOT TO SUE Conception Abbey, Conception Seminary College, event director, event workers and volunteers, all cities, counties, districts, public agencies, and/or states in which the event is held, from any and all claims of liability for death, personal injury or personal damage of any kind or nature whatsoever arising out of or in the course of my participation in the event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotion of this event. The release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

SIGNATURE: _____

PARENT'S SIGNATURE: _____

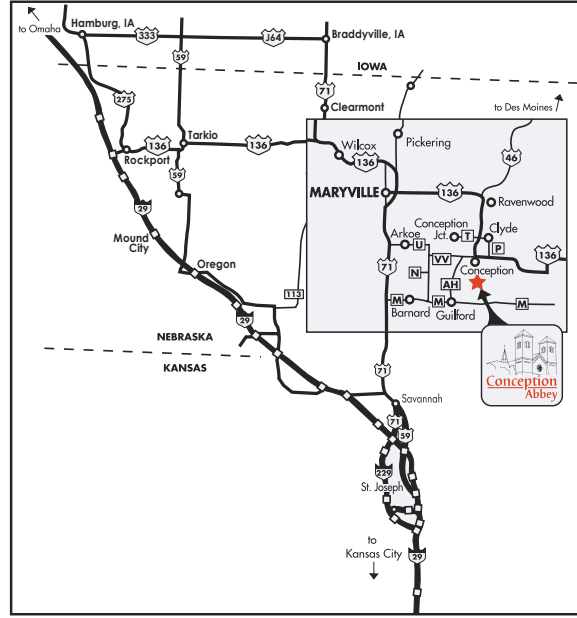
(If participant is under 18 years of age)

DATE: _____

Applications are not accepted unless this disclaimer is signed.



DIRECTIONS



Conception Abbey is located in the Diocese of Kansas City - St. Joseph, 20 miles east of Maryville, MO.

From Kansas City (90 miles): Take I-29 north to US-71 north towards Maryville to Route M. Turn east (right) on Route M, continuing about seven miles to Route AH. Turn north (left) on Route AH, continuing about five miles to Route V V. Turn east (right) on Route V V. Go one mile to the Abbey entrance.

From Omaha (120 miles): Take I-29 south to Hamburg, then 333 east from Hamburg to 59, then J-64 to Braddyville. Go south on US-71 to Maryville and continue as above.

From Des Moines (125 miles): Take I-35 south to U.S. 136 West (right) at Bethany. Continue on U.S. 136 to Route V V at Conception. Turn south (left) to the Abbey entrance.

