



**NINETEENTH
ST. PAUL SPRING "TUNE-UP"
5K Run/Walk
Saturday, May 13, 2017**



ST. PAUL LUTHERAN SCHOOL is a preschool through eighth grade educational ministry of St. Paul Evangelical Lutheran Church, the oldest and largest Lutheran church in the city of Flint. Proceeds from the Spring "Tune-up" will benefit the St. Paul Lutheran School Family School Assistance Fund.

LOCATION/TIME: Start and finish will be at St. Paul Lutheran School, 402 S. Ballenger Hwy., Flint, MI. Starting time for all participants is 9:00 a.m. The school gymnasium will be available for pre-race warm-up.

COURSE: The scenic 5K (3.1 mile) course travels from St. Paul School alongside the Mott Golf Course, around Mott Park (the best part of mile 5 of the Crim), and returns to St. Paul. The terrain is relatively flat and fast.

REGISTRATION: Early registration ends May 8, 2017. After that date, entrants will be charged a late fee. Registration and packet pickup will be available Friday, May 12, 2017 at the St. Paul Gymnasium from 3-6:30 p.m. Race day registration will be from 7:30 – 8:45 a.m.

CHILDCARE: Childcare will be available during the race at no additional cost.

Online registration at: www.gaultracemanagement.com

AWARDS: Awards for top three finishers in each age group will be available as soon as results are posted

+++RETURNING this year: "THE SPARK PLUG" KIDS dash +++ starts at 10:30 with medals to all participants
◆ Refreshments provided ◆

CONTACT race director at: 5k@stpaulflint.com

NO PETS ALLOWED

REGISTRATION FORM

PLEASE PRINT

Please complete one form for each participant

LAST NAME	FIRST NAME	M.I.
<input type="text"/>	<input type="text"/>	<input type="text"/>
STREET ADDRESS	CITY	STATE
<input type="text"/>	<input type="text"/>	<input type="text"/>
ZIP CODE	PHONE NUMBER	DATE OF BIRTH
<input type="text"/>	<input type="text"/>	<input type="text"/>
		AGE
		<input type="text"/>
		M/F
		<input type="text"/>
		WALK
		<input type="text"/>
		RUN
		<input type="text"/>

E-mail Address (optional) _____

ENTRY FEES: 5K

\$15.00 on/before May 8, 2017, \$20.00 after May 8, 2017 (w/o shirt) \$ _____

\$20.00 on/before May 8, 2017, \$25.00 after May 8, 2017 (w/ shirt) \$ _____

\$15.00 St. Paul Lutheran School student (w/ shirt) \$ _____



Register online

SHIRT SIZE: (circle one) child – 10-12 adult – S M L XL XXL

ENTRY FEE: "The Spark Plug" Kids Dash (ages 0-6) \$10.00 (youth shirt included) \$ _____

Checks may be made payable to: "St. Paul Lutheran School"

Mail registrations to: St. Paul Lutheran School, 402 S. Ballenger Hwy., Flint, MI 48532, Attn: "Tune-up"

WAIVER STATEMENT: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators and my heirs against all officials, sponsors and organizations connected with the St. Paul Spring "Tune-Up" for injury or illness which may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. **This entry is invalid unless signed by entrant, or if under 18, entrant's parent or guardian.**

Signature: _____ Date: _____