

# 16th Annual Cardinal Cup 5K Run and 1 Mile Fun Walk

## Saturday, April 24, 2010

**Time and Location:** • Race starts at 8:15 am at The School of the Cathedral of Mary Our Queen • 8 a.m. warm up by Neil Kopasek from the MAC before the race

**Registration:** • By mail, drop off in school office, or in person Friday, April 23rd or the morning of the race • Pre-registration will attempt to ensure that your requested shirt size is held for you

**Fees:** • Family Special: \$60 Max until Thursday, April 15th (*each family member must still complete a registration form. Please staple family forms together*) • \$20 per individual by April 15 • \$25 per person after April 15

**Course:** • 5K (3.1 miles) on neighborhood roads • Start/finish on campus • Walk is on campus grounds

### Packet Pick-Up:

- Friday, April 23 from 8 am-3 pm at The School of the Cathedral
- Race Day, 7:00-7:30 am at The School of the Cathedral

**Awards:** • Top 3 Overall- Men and Women • Medals to top Cathedral/MSA students from each grade and faculty/ staff

**Prizes:** • 100% Cotton T-Shirt • Post-race food & refreshments • Great random prizes

**Directions and Parking:** • Parking available on campus • School is at the rear of The Cathedral of Mary Our Queen at Charles Street and south of Northern Parkway

**Mother Seton Academy:** The Academy is a tuition-free Catholic middle school for boys and girls from low income Baltimore families. Founded in 1993, the Academy educates sixth, seventh and eighth graders of all races and religions. 100% of Academy graduates go on to attend college preparatory high schools.

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## OFFICIAL REGISTRATION FORM

**EACH PARTICIPANT MUST COMPLETE A REGISTRATION FORM** (Even if using the Family Max Special)

**Entry Fees: \$60 Family Fee available only until April 15; \$20 Individual Fee by April 15;  
\$25 per person after April 15, Make checks payable to Cardinal Cup Run and mail to:  
School of the Cathedral, 111 Amberly Way, Baltimore, Maryland 21210**

**Mail signed application and check for entrance fee to Cardinal Cup Run**

Name: \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Shirt Size (circle one) Adult X-Small Adult Small Adult Medium Adult Large Adult XL

5K Run \_\_\_\_\_ 1 Mile Walk \_\_\_\_\_

Check If: Cathedral Faculty/Staff \_\_\_\_  
Cathedral Student \_\_\_\_ grade \_\_\_\_

MSA Faculty/Staff \_\_\_\_  
MSA Student \_\_\_\_ grade \_\_\_\_

\_\_\_\_ I am unable to attend the race and would like to make a donation to Mother Seton Academy, enclosed is \$ \_\_\_\_\_

\_\_\_\_ I would like to receive periodic information from the Mother Seton Academy

**Waiver:** In consideration of my entry, I for myself, my executor, my administrators, my heirs and assigns do hereby release and discharge The School of the Cathedral of Mary Our Queen and all associated sponsors, volunteers, race officials, employees and personnel (Released parties) of all claims and damages, demands and actions whatsoever, in any manner arising out of my participation in the Cardinal Cup 5K run and/or 1 mile fun walk including, but not limited to, any claims, damages, demands or actions based on the alleged negligence of said "Released parties." I attest that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_