

FIRST ANNUAL MONASTERY 5K

Come join us at the beautiful Monastery of the Holy Spirit for a unique experience. Runners and walkers will have an opportunity to trek through rarely visited areas on the Monastery grounds and view the landscape as they have never been able to do before.

If you would like to join the monks for morning prayer, Lauds, at 7:00 a.m. with the Community Mass immediately following, please allow ample time to park and walk to the Abbey Church. The run/walk event will follow the conclusion of Mass.

The run/walk event will benefit the
Monastery of the Holy Spirit and their Food Bank

GREAT ROUTE!

We invite you to register online or by mail.



REGISTRATION FORM

Date: Saturday, June 12, 2010
Start Time: 8:00 am; Check in Time: 7:00 am (or before Lauds)
Location: Monastery of the Holy Spirit, 2625 Highway 212 SW, Conyers, GA 30094-4044
Entry Fee: \$25 -- Liability Release required for all participants
 Kids under 12 run free-no t-shirt; signed waiver required for all youth 18/under

Participant Information (please print clearly) and Sign Liability Statement:

Name		Sex M F
Street Address		
City, State, Zip		
Age as of Event Day**	**Youth under 18 require waiver	
Emergency Contact Name & Phone #		
E-Mail		T-Shirt Size S M L XL

Website:
www.revolutionrunning.net

Registration is open on-line @ Active.com; access link on Revolution Running web site.

OR

Mail form and entry fee to:

**Revolution Running
208 Drake Elm Court
Hampton, GA 30228**

Release of Liability: I, the undersigned, for myself, my heirs, personal representatives and assigns, do release, waive, covenant not to sue and discharge Monastery of the Holy Spirit, Revolution Running and affiliated persons and entities with this event from liability from any and all claims resulting in death, personal injury, accidents or illness and property loss arising from but not limited to, participation in this athletic event. I also understand that entry fees are non-refundable.

Required Signature of Participant:

Signature: _____

Date: _____

****Parent or guardian if participant is under 18 years of age:**

Signature: _____

Questions? Contact John Pollard, Race Director or Sarah Qualls, Race Coordinator at 404-425-3352 or email Revolution Running at revolutionrunning@hotmail.com.