



21st
ST. PAUL SPRING "TUNE-UP"
 5K Run/Walk
 Saturday, May 11, 2019



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 5, 2019. After that date, entrants will be charged a late fee. Registration and packet pickup will be available Friday, May 10, 2019 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.stpaul.enmotive.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

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WALK

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RUN

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E-mail Address (optional)

ENTRY FEES: 5K

\$18.00 on/before May 5, 2019, \$23.00 after May 5, 2019 (w/o shirt)

\$ _____

\$25.00 on/before May 5, 2019, \$30.00 after May 5, 2019 (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

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: _____