Flashing Saber Virtual 5K 2021

What is a Virtual 5K?

A Virtual 5K is like any other 5K, but you cover the distance (3.1 miles) from a location of your choice. You can run, walk, or jog, in a neighborhood, on a track, or a treadmill with a group of friends or alone. Totally up to you!

BUT, if you would like to walk/run with others, there will be a group getting together to cover 3.1 miles on Monday Oct. 18th at 5:30pm. The group will start and end at Saber Stadium. Wear your red, white, and blue Saber clothes!

How to Participate in the Flashing Saber 5K

1. Fill out the entry form below. Don't forget to sign the waiver!
2. Cut off entry form on the line. Send entry form with **$25 registration fee($10 student fee)** to

    > Manistee Catholic Central
    > c/o Flashing Saber Virtual 5k
    > 1200 US 31 South
    > Manistee, MI 49660

    *Make checks payable to Manistee Catholic Central

3. Run or walk 3.1 miles all at once or a little each day any time from <u>Sunday October 17th to Sunday October 24th</u>
4. This is optional but, if you would like to take a picture of your race route or of yourself before, during, or after your 5K share it on Facebook and/or Instagram using #flashingsabervirtual5k or email your pictures to jhowes@sabers.org

All race entries receive a finisher's medal! Medals will be mailed out by the end of October.

PROCEEDS FROM THIS YEAR'S VIRTUAL 5K WILL BENEFIT THE ALUMNI ASSOCIATION SCHOLARSHIP FUND!

Name:

Street/Address:

City: State: Zip Code:

Email:

Phone Number:

I am planning on walking/running with the group at MCC on 10-18-21   _____ yes _____no

Must Agree To Waiver

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Manistee Catholic Central and all other sponsors for all claims, damages, injuries, demands, and actions whatsoever in any manner arising or growing from my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event that I am physically fit and sufficiently trained to participate in this event.

Signature_____ Date_____