

Sabre Run/Walk

What: Run and Walk

- 5-mile run
- 2-mile run
- 1-mile Kids run (ages 12 and younger)
- 1/3-mile Kids run (ages 6 and younger)
- 3-mile walk

Wellness Expo



When: Saturday, May 2, 2009

- 8:30 a.m. Registration begins
- 9:30 a.m. Start of 5-mile Run and 3-mile Walk
- 10:30 a.m. Start of 2-mile Run
- 11 a.m. Start of 1-mile Kids Run
- 11:15 a.m. Start of 1/3-mile Kids Run
- 11:30 a.m. Awards Ceremony

Note: Registration closes 30 minutes before the start of your event.

Where: Howard L. Sadoff Gymnasium, on the Marian University campus, is located on Morningside Dr. Registration/start/finish/awards will all take place in the gymnasium.

Rest room, lockers, and showers are available. Please bring your own towel and lock.

Why: To benefit Marian University Athletics

Entry: No refunds!

5-mile & 2-mile Runs and 3-mile Walk	
Before 4/27	After 4/27
\$12 w/shirt	\$15 w/shirt
\$ 5 w/o shirt	\$7 w/o shirt
1-mile and 1/3-mile Runs	
Before 4/27	After 4/27
\$5 w/shirt	\$7 w/shirt
Free w/o shirt	\$ 2 w/o shirt

* \$2 discount for Marian students with school I.D.

For further information, contact Marian University at (920) 923-8136 or email jtgray75@marianuniversity.edu

Refreshments:

FREE bagels, bananas, oranges, water, and orange drink available after the races.

Course:

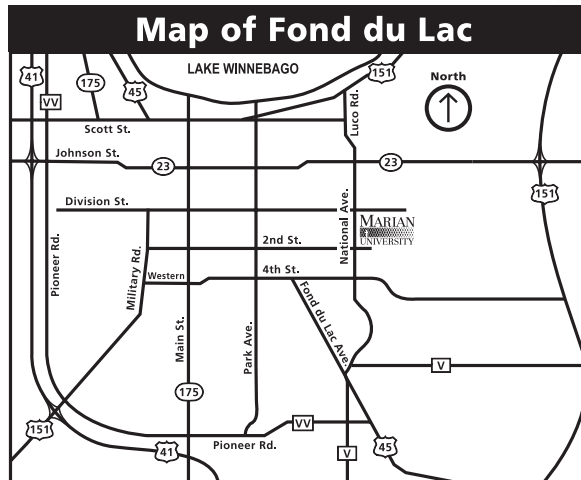
The race will be run through the Marian University campus and surrounding neighborhoods. The roads are flat and primarily asphalt.

Awards:

Medals are awarded to the top male and female runners/walkers in each event. Awards will not be mailed out (must give age on entry form to receive award). Marian University and the Fond du Lac Running Club are not responsible for unclaimed t-shirts after race day.

2009 Marian University Sabre Run/Walk Medals

	2-mile	5-mile	1-mile run		1/3 mile	
			Girls	Ages	Boys	6 and younger
AWARDS						
Awards to top three finishers for males and females in 10-year age group (0 - 19 - 70+)			3	0-7	3	Top 10 boys Top 10 girls
			3	8	3	
			3	9	3	
			3	10	3	
			3	11	3	
			3	12	3	
3-mile Walk	Male	Female				
34 and younger	5	10				
35 and older	5	10				



Official Entry Form and Waiver

Only one person and event per form • Forms may be duplicated • Please read, understand, and sign (Please print)

Name _____

Address _____

City _____ State _____ Zip code _____

Phone (____) _____ Email _____

Sex: M F Age as of 5/2/09 _____

Race you will enter (please check one):

- 1/3-mile Kids Run 1-mile Kids Run 2-mile Run
 5-mile Run 3-mile Walk

Entry fees (please circle amount):

	Before 4/27/09		After 4/27/09	
	Shirt	No Shirt	Shirt	No Shirt
5 mile	\$12	\$5	\$15	\$7
2 mile	\$12	\$5	\$15	\$7
1 mile	\$5	FREE	\$7	\$2
1/3 mile	\$5	FREE	\$7	\$2
3 mile	\$12	\$5	\$15	\$7

Send entry forms together with payment:

Make checks payable to Marian University Athletics. Non-refundable.

Shirt size (please check one):

- Adult small Child (small) 6-8
 Adult medium Child (med.) 10-12
 Adult large Child (large) 14-16
 Adult x-large

I know that running, walking, and volunteering in a road race is a potentially hazardous activity. I should not enter an event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road with all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Marian University, the Fond du Lac Running Club, Inc., and the City of Fond du Lac, Town of Fond du Lac, including their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings, or any other record of this event for any legitimate purpose.

Signature of Runner/Walker (younger than age 18, Parent/Guardian Signature) _____

Date: _____

Mail entries to: Sabre Run/Walk, P.O. Box 102, Fond du Lac, WI 54936-0102 or drop off at the Marian University Athletic Department in the Sadoff Gymnasium through Monday, April 27.

We welcome you to attend the...

Wellness Expo

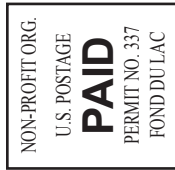
on Saturday morning, May 2!

We will have booths featuring:

- Fitness resources
 - Massage therapists
 - Health care resources
 - Nutrition resources
 - Wellness centers
 - Spiritual wellness
 - Blood pressure screenings
 - Body fat analysis
 - Sports equipment
 - Recreation resources
- and much much more!!!*

Sabre Run course records

5 Mile		1 Mile	
Brad Theyerl 25:47		Brad Theyerl 5:20	
Julie Propson 29:33		Dana Thuecks 5:39	
2 Mile		1/3 Mile	
Matt Thull 9:11		Danny Biddick 2:10	
Penny Braatz 11:25		Megan Gomall 2:15	
3 Mile Walk			
Dave Owens 29:14			
Nettie Schmitz 31:18			



Athletic Department
45 S. National Avenue
Fond du Lac, WI 54935-4699

MARIAN
UNIVERSITY

Founded 1936 • Sponsored by the Congregation of Sisters of St. Agnes

MARIAN UNIVERSITY

29th



Annual
Sabre Run/Walk
2009

Saturday, May 2
Sadoff Gymnasium



Visit the Fond du Lac Running Club online at:
www.fonddulacrunningclub.com