



ASA 5K: Eat, Pray, Run!

Join us for a day of fun at the 1st Annual All Saints Academy 5K Run & Walk on Sunday, August 28 when we will eat, pray and run together! All ASA families, alum, staff, and founding parish communities of Blessed Sacrament, St. Alphonsus, St. Jude & St. Isidore are invited!

Schedule of Events:

- Outdoor Mass at 10:00 with Fr. Pat Grile of St. Alphonsus
- 5K Race begins at 10:45 and the 5K Walk will immediately follow
- 1 Mile Fun Run will begin at noon
- Picnic begins at 12:30 (a free hotdog lunch will be provided)

There is something for everyone at this event. Come run/walk as a family or with friends, cheer others on, or bring the kids to reconnect with friends before the school year begins!

Location: Fallasburg Park in Lowell

5K Cost: \$20 registration fee for 5K Run or 5K Walk (fee Increases to \$25 after 8/24/11). All 5K participants receive a t-shirt, post-race refreshments, and entry into a random drawing for prizes. **Top prize is a \$500 ASA tuition credit!**

1 Mile Fun Run/Walk: \$5 registration fee (no late fee or deadline). All participants will receive a t-shirt.

RSVP: Please help us plan for food and email us if you will be attending the picnic lunch - ASAeatprayrun@gmail.com

For Questions, Volunteer, or Sponsor information:

Please email: ASAeatprayrun@gmail.com



Mail checks (payable to ASA) to: ASA Eat, Pray, Run 2233 Diamond, NE Grand Rapids, MI 49505

Event Registration for: 5K Run, 5K Walk, 1 Mile Fun Run

T-Shirt Sizes: (Youth) M L XL (Adult) S M L XL 2XL

Print Name: _____ Event: _____ Shirt size: _____

Print Name: _____ Event: _____ Shirt size: _____

Email: _____ Phone #: _____ Total \$: _____

Online Registration is also available at snapregistration.com (service fee applies)