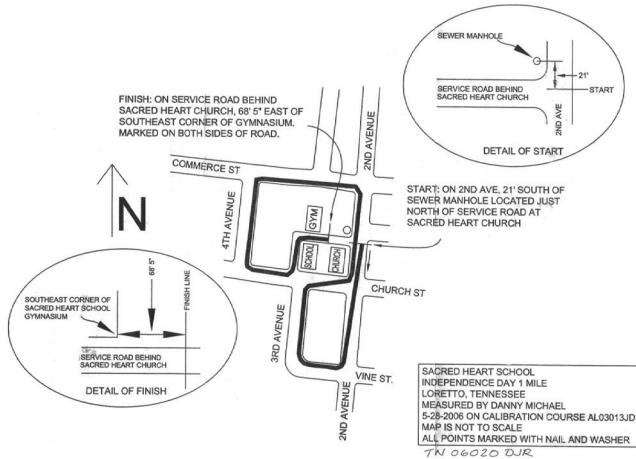


ABOUT THE RACE

Both the 5K and 1 mile courses are certified. And they are flat and fast. The 1 mile course is one of the few certified courses in Middle Tennessee.

The 2006 1 mile run saw new Tennessee state records set in four age categories. This is a perfect chance to take on a record or set a PR!



SACRED HEART LORETTTO

INDEPENDENCE DAY CELEBRATION 2011

22nd Annual 5K and 1 Mile ROAD RACE

PERMIT #7
 US POSTAGE
 PAID
 LORETTTO, TN
 NONPROFIT

AND WHILE YOU'RE HERE...

Don't forget our famous Bake Sale, with gourmet goodies of all sorts available right after the race.

Bring your entire family! There are rides and games and food galore. Cool down and spend a great day enjoying this century-old July 4th tradition here at Sacred Heart.

Monday, July 4
 starting at
8am

INDEPENDENCE DAY CELEBRATION 2011

22nd Annual 5K and 1 Mile ROAD RACE

SACRED HEART LORETTTO

Mail-In Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Email _____

Age _____ Birthdate _____

T-shirt Size PLEASE CIRCLE
 YM YL AS AM AL AXL AXXL
 Sex: Male Female
 Race: 5K 1-Mile

In consideration of my acceptance as a participant in the Independence Day 5K Run and/or Fun Run, I hereby for myself, my heirs, executors, and administrators, do waive and release any and all rights and claims for damages I may have against any part of the Loretto Sacred Heart Parish, the City of Loretto, or any other group(s), and/or person(s) involved with said run for any and all claims and liability. I also certify that I understand the course may be rough and demanding and that I am physically fit and sound to compete in this event.

Signature _____
(Signature of Parent or Guardian if entrant is under 18)

Date _____

5K Registration Fee: \$15 thru June 30, then \$20.

1 Mile Registration Fee: \$10 thru June 30, then \$15

Make Check Payable to: Sacred Heart School

Mail to: Independence Day 5K Run, c/o Sacred Heart Church,
 307 Church Street, Loretto, TN 38469

Or Register Online! Visit www.independenceday5k.com for complete registration and race information.

INDEPENDENCE DAY 5K RUN/WALK • 1 MILE RUN

Monday, July 4, 2011

Annual Sacred Heart Parish Fourth of July Picnic
 TN04017DJR/ TN06020DJR

The Races: 5K Run/Walk - Registration begins at 6:30 a.m.
 Run begins at 8:00 a.m. (Course is point to point, flat and fast)
 Walk begins at 8:00 a.m.
 1 Mile Run/Walk - Begins at approximately 9:00 a.m.
 BOTH 5K AND 1 MILE COURSE ARE CERTIFIED
 (State records were set on the 1 mile course in 2006)

Location: Sacred Heart Parish Grounds
 307 Church Street
 Loretto, Tennessee

Loretto is located 12 miles north of the Alabama state line and 12 miles south of Lawrenceburg, TN on US Highway 43. To get to Sacred Heart, turn on Church Street (beside First Farmers and Merchants Bank) and go west 2.5 blocks to Sacred Heart Church and School.

T-shirts: All participants will receive a t-shirt. All pre-registered runners are guaranteed a t-shirt the day of race (late registrants may receive their shirts by mail following the race.)

Awards: 5K: Handcrafted trophies will be awarded to the overall 1st, 2nd, and 3rd place winners in the male and female divisions. 1st place male/female Masters.
 Handcrafted awards given for 1st, 2nd and 3rd place winners in each of the age categories. Overall winners are not eligible for age group awards.
 1 Mile: 1st, 2nd and 3rd male and female in 0-5,6-9,10-12,13-15. Every finisher 15 and under receives a medal.

Divisions:	Female	Male
	0-14	0-14
	15-19	15-19
	20-24	20-24
	25-29	25-29
	30-34	30-34
	35-39	35-39
	40-44	40-44
	45-49	45-49
	50-54	50-54
	55-59	55-59
	60-64	60-64
	65+	65+

- Race Features
- Time splits given at each mile
 - Water stations along course and refreshments at finish
 - Course monitored by Loretto Police and Fire Departments
 - Shoalstrac managed, RRCA sanctioned & USATF certified course

Additional Info: Visit www.independenceday5k.com
 or call Susan Methvin, Chairperson (931) 853-7226 or (931) 242-1838