



St. Francis "Soles For Souls" 5K
Saturday November 9, 2019 ~ 9 am
St. Francis Catholic School Campus
221 W Olive Street
Marshalltown, Iowa

Kid's Sprint! The Kid's Sprint will start after the 5k, approximately at 9:45/10 am.
No fee or Pre-registration. T-shirts can be ordered by Oct 30 for \$10
(please fill out a registration form to order a Kid's T-shirt)

Registration:

Pre-register by using the attached form & mailing to St. Francis Catholic School.
Race Day Registration will begin at 8:00 am Saturday Nov 9.

Location:

St. Francis Catholic School Campus, 221 W Olive Street
The race will begin on Olive Street (South of St. Francis School) to 6th Street, south
on 6th Street to the smaller pond, around the pond and head back on 6th Street to
Olive Street, where the 5K will end at St. Francis School.

Entry Fee:

\$20 (15 and up) & \$15 (Under 15) through Oct 30th guarantees you a
Long Sleeve T-shirt.
Registration after Oct 30th will be \$25 (adults) and \$20 (under 15) No T-Shirt
You may register on race day. Registration fee is nonrefundable.

Proceeds will go to support the St. Francis School!

Make Checks payable to & Mail to: St. Francis School
c/o Maggie Stalzer
310 Columbus Dr.
Marshalltown, IA 50158

Questions: Maggie Stalzer at 641-475-3370

No dogs allowed at this event by order of the City of Marshalltown.



Run with PERSEVERANCE the race set out for you.

Hebrews 12:1



St. Francis Soles for Souls 5K
OFFICIAL ENTRY FORM
Saturday Nov 9, 2019

Mail To: St. Francis School, 310 Columbus Dr
Checks Payable to: St. Francis Catholic School
Register By Oct 30: \$20 (15 & Older) or
\$15 (Under 15) Includes T-Shirt
Register after Oct 30: \$25 (adults) or
\$20 (Youth) No T-Shirt

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Male: _____ **Female:** _____ **Age:** _____

Phone: _____

Email: _____

Long Sleeve T-Shirt (circle one):
(Deadline Oct 30)

Child Size: S M L

Adult Size: S M L XL XXL

***Waiver of Liability:** In consideration of accepting my
entry, I intend to be legally bound for myself, my heirs,
executors, and administrators, do hereby and
discharge the City of Marshalltown and St. Francis
Catholic School and/or any other race organizers and
sponsors from any and all liability arising from illness,
injury and damages I may suffer as a result of my
participation in this event. I have read the entry
information provided and certify my compliance and
also certify that I have trained suitably for this event by
my signature below.

Signature: _____

*Parent or Guardian must sign waiver for minors

Date: _____



St. Francis Catholic School "Soles For Souls" 5K Personalized Memory Markers

Soles For Souls Story~

I once heard on a Ted Talk that "People don't buy what you do, they buy why you do it." The idea for Soles 4

Souls was born after my faith was plagued with doubt and grief after two late pregnancy losses. Knowing that I needed to find some kind of an outlet that didn't include talking and sharing my story every week, I quickly turned to running. Experiencing that release of emotions is very powerful and freeing and I knew I couldn't be the only one who felt that way.

Soles4Souls won't be an ordinary 5k because it won't be one that you do for yourself, it will be in honor of someone else's beautiful soul. My reason is one of the thousands, but I run for my angels who will never get the chance to.

So what's your why?

~ Holly Erbes, Race Co-Chair

To remember the beautiful souls, we are offering "Memory Markers." Memory Markers will be customized with your loved one's name on it. They will be placed along the 5K route. It is our hope that as we are running the Memory Markers will remind us that our loved ones are always with us. If you would like to purchase a MM, please fill out the attached form and mail it to STF School. You'll be able to take the MM home.



**Up to 2 Names on each Memory Marker.

Proceeds will go to support the St. Francis School!

Those we love don't go away. They walk beside us everyday.



St. Francis Soles for Souls 5K
Memory Markers
Order Form

Mail To: St. Francis School
310 Columbus Dr
Marshalltown, IA 50158

Checks Payable to: St. Francis Catholic School

Price: \$20 per Memory Marker
**Up to 2 Names on each Memory Marker.

First Name: _____

Last Name: _____

Phone: _____

Email: _____

Number for Memory Markers: _____

Name(s) on Memory Marker #1

Name(s) on Memory Marker #2

Name on Memory Marker #3

**Thanks you for supporting
St. Francis Catholic School.**

