



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.

****New for 2020: Angel Baby Mile**

Proceeds will go to support the St. Francis School!

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



****Up to 2 Names on each Memory Marker.**

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.**

\$10 Re-staking Fee if you purchased a MM last year & would like it placed on the route, please return your MM & fee by **Wed Nov 4th** to SFCS. If the MM is still at SFCS, we will make sure it's out on the route.

Name: _____

Phone: _____

Email: _____

for NEW Memory Markers: _____

Name(s) on Memory Marker #1 (\$20)

Angel Baby _____ (yes or no)

Name(s) on Memory Marker #2 (\$20)

Angel Baby _____ (yes or no)

Name on Re-Staking MM: (\$10)

Angel Baby _____ (yes or no)

Name on Re-Staking MM: (\$10)

Angel Baby _____ (yes or no)

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