



35 YEARS

Register by October 7th to be guaranteed your shirt size. Call or register online for team prices.

Race Day Schedule

Saturday, November 2, 2019

- Late Registration and Packet Pick up
- 6:30 am—7:45am
- 8:00 am 5K Run/Walk Begins
- 9:00 am Fun Run Begins
- Door Prizes and Awards after Fun Run!!!!

Friday, November 1st, 2019

- 4:00– 7:00pm Packet Pick-up in Gym
- Late Registration (\$30)

5-K Course: Our race begins at the corner of 12th Avenue & Moreno Street and winds through scenic East Hill. Participants will enjoy a combination of long level stretches with some hills on all paved roads. View period historic and period homes and lush landscapes as you make your way through historic Old East Hill. We run rain or shine! Check out the course online at:

<http://www.gmap-pedometer.com?r=5929990>

Register on-line at **Runsignup.com**

Prizes: Fantastic Door Prizes!

DON'T FORGET ABOUT OUR FAMOUS PUMPKIN BREAD!

Awards Overview:

\$100 to overall male & female runners

- Top 3 Male and Female in following divisions
- Masters (age 40-49)
- Grand Masters (age 50-59)
- Senior Grand Masters (age 60-69)
- Silver Grand Masters (age 70-79)
- Golden Grand Masters (age over 80)
- Walk (age 15 and up)
- Juniors (age 14 and under)

Great Pumpkin Run November 2, 2019

Register to be eligible to win a Garmin vivoactive 3 Music

Make Checks Payable/Mail to:
Sacred Heart School Pumpkin Run
1603 North 12th Avenue, Pensacola, FL 32503

BIB NUMBER

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Please print neatly

() SHCS Family

Last Name: _____

First Name: _____

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Gender: () Male () Female

E-mail: _____

Work Phone: _____ Home/Cell phone: _____

Age on race day _____ Birth Date: ____/____/____

Event: () Run or Run/Walk combination

() Walk (no running - 2 min. delayed start-age 15+ ONLY)

T-Shirt Size: Youth () YS () YM () YL

Adult () S () M () L () XL () 2XL
T-shirts guaranteed to the first 1,000 registrants

Fees: () \$25 - Adult (age 15+)

() \$15 - Juniors (14 and under)

() \$30 - LATE REGISTRATION (October 26 - Nov 2)

• By Mail: Postmarked by Friday, October 25, 2019

• In Person: Friday, October 25, 2019 by 3:00 p.m.

• Runsignup: Last day to register is October 30, 2019

Waiver of Liability: In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executor and administrators, do hereby release and discharge Sacred Heart Cathedral School, The Diocese of Pensacola-Tallahassee, and any and all sponsors from any liability arising from illness, injury, and damage I may suffer as a result of my participation in "The Great Pumpkin Race" on November 2, 2019 I have read the entry information carefully and certify my compliance by my signature below. I also understand that the entry fees are non-refundable and all unclaimed shirts will be forfeited after 2 weeks of the race day and donated to charity. Dogs, bicycles, skateboards and skates are not allowed on the course for safety reasons

Signature: _____ Date: ____/____/____

35th Annual Great Pumpkin Race

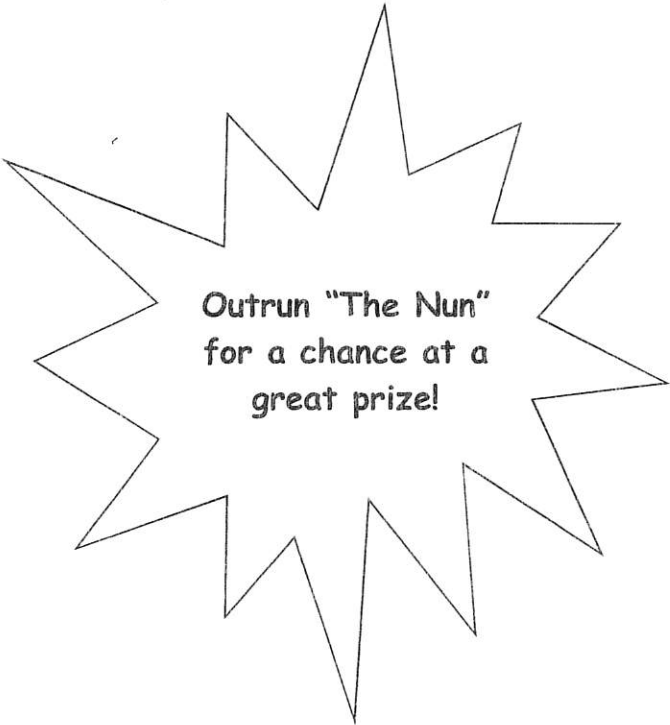
Sacred Heart Cathedral School

1603 North Twelfth Avenue

Pensacola, FL 32503

"Educating Minds and Hearts for God"

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**Outrun "The Nun"
for a chance at a
great prize!**

The 35th Annual Great Pumpkin Race

November 2, 2019 Race Start – 8:00 am

COURSE RECORDS

MEN

Overall:	Matthew Dobson	14:55	1993
Master:	James Frazier	15:56	2002
Grand Master:	James Frazier	17:36	2012
Senior Grand Master:	Fenner McConnell	19:47	1997
Silver Grand Master:	Richard Browning	22:01	2011
Golden Grand Master:	Al Ambrosi	29:28	2012
Walk:	Mark Gilette	27:35	1993
Junior:	William Countryman	17:48	1997
Wheelchair:	Desi Canales	14:57	1997

Updated: Dec 2015

WOMEN

Ann McGranahan	17:21	1997
Lynn Hayes	19:00	1989
Kathy Groh	21:18	1997
Helen Corley	23:54	1993
Helga Hockman	30:56	2015
Gay Ambrosi	44:58	2014
Vicki Merry	31:51	1993
Taylor Gallagher	20:40	1998

REGISTRATION INFORMATION:

Sacred Heart Cathedral School at 850-436-6440

Email: pumpkinrun@shcs.ptdiocese.org

<http://shcs.ptdiocese.org/pumpkinrun.html>

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