



2nd Annual RUN WITH THE ROYALS 5K

Q: What is the Run With the Royals 5K?

A: The Run With the Royals 5K is one of only two Fundraisers for St. James Athletic Association (the Fall Golf Outing being the other) which support ALL sports offered at St. James. In other words, the Run With the Royals 5K helps pay for uniforms, league fees--any costs incurred by sports at St. James!

Q: How far is 5k?

A: 5K (kilometers) is equal to just 3.1 miles (really this time!) The course is cross-country, not on the road. This means that the 5K covers gravel, grassy areas, and some gentle hills. There is also a 1/2 Mile Fun Run scheduled just before the beginning of the 5K Classic.

Q: But ... what if I DON'T run?

A: That's okay, you can always WALK!! Last year, we had many walkers of all ages, who finished the 5K with a smile. At a walk, the distance is a very manageable one for experienced or beginning walkers. Because of the terrain, we cannot accommodate strollers.

Q: How much is it to enter?

A: It's CHEAP and you get a SHIRT! The entry fee for the 5K or the 1/2 Mile Fun Run is \$25 per adult entrant. Children under the age of 15 are \$15. If you would like to do a Family Sponsorship, the cost is \$100, which includes 2 adult entries, 2 child entries, and your family's name is placed on signage at the event!

Q: I cannot enter to run or walk the 5K. Can I still support the Run With the Royals?

A: Yes you can! There are many opportunities for individuals and businesses to support the Royals. You can send a check for any amount (\$5, \$10, \$15, etc) to the Business Office. Or, if you own a business--or work at one which supports charitable events--please visit www.mysaintjames.com and go to "For Parents and Children" to see the Corporate Sponsorship and Individual Entry Form Link. Donations of \$500 or more will earn a place on the Run With the Royals Shirt!