

Make ALL checks payable to:
Ashley St. Romain 5K

Send checks and forms to:
PO Box 174
Sterlington, LA 71280

We Appreciate All of Your Support !!!!!!!

8th Annual
Memorial 5K Run-Walk
1 mile walk
Youth Fun Run



Saturday
February 14, 2015

Course Description: FLAT-FLAT-FLAT
The race starts and finishes on the campus of Sterlington High School. The start line is directly in front of the football field house. The course is an out-and-back with a short run through Thatcher Point Subdivision on the way in. There will be a very short run through some grass to enter the high school football stadium. The last 300 meters is on the track and finishes on the home field side. This will be a fantastic spectator race. There will be TONS of parking and clean rest rooms with many stalls.

Ashley



Dear Runner,

On June 29, 1988, Ashley St. Romain was born to Richard "Pooney" and Sunnye Kae of Sterlington, Louisiana. Not many years later, Ashley was diagnosed with cystic fibrosis, a lung disease. Even though Ashley passed from this earth in October 2005, she has left a legacy that will always be remembered.

Ashley touched many people's lives with her huge, caring heart, and her daily walk with Jesus Christ. She never took for granted any second she had with family and friends. Her life was full of laughter and joy.

In 2007, a scholarship was started by her parents as a means of ensuring that Ashley is forever a Sterlington Panther, and showing their continued support of Sterlington High School.

Proceeds from the the Annual Ashley St. Romain Memorial 5K are used to provide scholarship for SHS Seniors annually.

On February 14, the 8th Annual Ashley St. Romain 5K will be held at Sterlington High School.

Many thanks to Dell Ashley, principal at Sterlington High School, the Ouachita Valley Road Runners Club, and the Ashley St. Romain Race Committee for making this annual event happen.

Good Luck!

Ashley St. Romain

Memorial 5K Run-Walk

1 mile walk
Youth Fun Run

February 14, 2015

ALL PROCEEDS USED TO FUND
THE ASHLEY ST. ROMAIN SCHOLARSHIP FUND

Event to be held on the beautiful campus of
Sterlington High School

Race Day Schedule

Race Day Registration 8:30 - 9:30

5K Run and Walk 10:00

1 Mile Walk 10:00

5k Awards 11:00

Youth Fun Run to follow Awards

Please make checks payable to:

The Ashley St. Romain Memorial 5K

P.O. Box 174

Sterlington, LA 71280

If you have any questions, please call

Sunnye St. Romain @ (318) 237-9026

or Brook Bowen Thomas @ (318) 267-8567

Entry Fees

\$20 Pre-Race Registration

Deadline for Pre-Race Registration

February 6th, 2015

Tee-shirt Guaranteed with Pre-Registration

\$25 Race Day Registration

AWARDS

5K

Overall Male & Female

Overall Masters

Overall Grand Masters

5K Age Groups

**3 places awards

14-under

15-19 40-44

20-24 45-49

25-29 50-54

30-34 55-59

35-39 60-over

Clydesdale/Athena

Clydesdale and Athena Race
Categories

Have Been Eliminated.

Fun Run for Youth

Entire run is done on the Sterlington Track

Safe for everyone!

50 meters 4-under

100 meters 5-6

200 meters 7-8,

1 lap 9-10, 11-12

All Kids Will Receive a
Medal and a Goody Bag!

Entry Form

Last Name: _____

First Name: _____

Address: _____

City/St/Zip: _____

Phone # _____

Age on February 14, 2015 _____

Gender: Male / Female

!!!!!! Happy Valentine's Day !!!!!!

Look forward to seeing you all on the 14th!!!

T-Shirt Size (Circle One)

Youth XS S M L

Adult S M L XL 2XL

Event Entered (Circle One)

5K 1 Mile Walk Youth Fun Run

*Money must be sent with entry form.

NO BIKES, SKATEBOARDS, ROLLERBLADES,
STROLLERS, OR HEADPHONES ALLOWED

In consideration of acceptance of this entry form and my participation in this event, I waive any and all claims for myself, my heirs, and assignees against Sterlington High School, the Ouachita Parish School Board, the Ouachita Valley Road Runners Club, the parish of Ouachita, and the sponsors of this event for injury or illness which may result directly or indirectly from participation in this event. I certify that I am prepared to participate in this event.

Signature (Parent or Guardian if under age 18)