



*Spring Cross Country Classic is a fun-filled, family-friendly, low-cost 5k through the scenic rolling trails of Lincoln Park.*

ST. LUKE'S HOME

# Spring

**Cross Country Classic**

# SATURDAY

## March 4, 2023

### 7:30AM Men's 5K

ALL WALKERS WILL  
START AFTER THE WOMEN'S 5K RUNNERS

### 8:15AM Women's 5K

### 9:00AM FitKidz

***Fun for the whole family!***

FREE pancake breakfast,  
race-branded lunch cooler and towel,  
family-friendly activities and games.

**This year's beneficiary is St. Luke's Home:**  
*a holistic, assisted-living community for people  
aged 55 and older of limited financial means.*

[stlukeshometucson.org](http://stlukeshometucson.org)

SOUTHERN ARIZONA  
**SAR**  
ROADRUNNERS

**REGISTER TODAY**  
[www.runsar.org](http://www.runsar.org)

# MAIL-IN ENTRY FORM

Mail-in entries must be received no later than Feb. 27, 2023.

MAIL TO: **Spring Cross Country**  
**c/o SAR, PO Box 64215, Tucson, AZ 85728-4215**

MAKE CHECKS PAYABLE TO: Southern Arizona Roadrunners

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MALE    FEMALE   AGE ON 3/4/2023: \_\_\_\_\_

SOUTHERN ARIZONA ROADRUNNERS MEMBER:  YES    NO

## INDIVIDUAL ADULT ENTRY

**SAR MEMBERS PRICE—REGISTER BY FEB. 27 & SAVE \$2**

- \$25 BY JANUARY 1, 2023  
 \$27 BY FEBRUARY 1, 2023  
 \$30 AFTER FEBRUARY 1, 2023

**Mail-in entries must be  
received no later than  
Feb. 27, 2023.**

**ALL RACE DAY ENTRY IS \$35**

FAMILY PACKAGE—UP TO 5 FAMILY MEMBERS \$75 IF ALL REGISTER AT SAME TIME.

**FITKIDZ ENTRY** FREE FOR 12 AND UNDER

\$ \_\_\_\_\_ TOTAL FEES PAID

**Packet Pickup will be Friday, March 3th at  
The Running Shop from 3-6pm.**

In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims and damages I may have against the sponsors, coordinating groups, the Southern Arizona Roadrunners, Tucson Parks & Recreation, the city of Tucson, Pima County, and any individuals associated with said event. I understand that the event takes place on city streets, with all attendant risks. Also, none of the above is responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I am an amateur in the event. I also give permission for the free use of my name and picture in any broadcast, telecast, digital or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

\_\_\_\_\_  
ENTRANT'S SIGNATURE\*

\_\_\_\_\_  
DATE

\*Parent or guardian's signature if entrant is under the age of 18

**OR REGISTER TODAY at  
[www.runsar.org](http://www.runsar.org)**