

Noreen Neitz strongly believed in providing opportunities for our local youth to be involved in their school, churches, and community. Her love and commitment to young people reached all ages from the young preschoolers in our parish school, to our youth group, and even outside of our parish to the young adults attending HACC. Noreen lost her courageous battle with cancer on July 10, 2013, but her spirit of service lives on in this event.

We are honored to continue her legacy by providing scholarship funds to our youth who civically engage themselves in our community. We also provide assistance to St. Francis School families in need with tuition costs. We hope that you will consider helping us achieve our goal of making this a successful event.



*"You must always remember, you are braver than you believe, stronger than you seem, and smarter than you think. I'll always be with you."*

*-- Winnie the Pooh*

## THANK YOU

FOR YOUR SUPPORT!

### OUR LEAD SPONSORS

*Coleman Family Dentistry*  
145 Buford Ave Gettysburg. PA  
717.334.7440



*Catholic War Veterans*

*Post 1342*

*Bonneauville, PA*

*Don Kingston Family*

### Weather Policy

The race will be held rain or shine. In the event of inclement weather we will run a two hour delay schedule for registration and the race. In the event of extreme weather conditions, the race will be cancelled and all entry fees will be viewed as charitable contributions to benefit St. Francis Xavier Catholic School and the Noreen Neitz Scholarship Fund. If the event is delayed or cancelled, it will be posted at [www.sfxcs-pa.org](http://www.sfxcs-pa.org) and SFX Facebook page before 7am on race day morning.

## THE 7<sup>TH</sup> ANNUAL NOREEN NEITZ MEMORIAL



## RUN AT THE ROCK

**SATURDAY, DEC. 14, 2019**

### 5K AND 10K EVENTS:

9:00 AM — REGISTRATION

10:00 AM — 5K & 10K RUN

11:15 AM — AWARDS

## Race Information

Proceeds benefit St. Francis Xavier Development Fund and the Noreen Neitz Scholarship Fund

**Saturday, December 14, 2019**

**Early Registration Deadline  
Friday, November 29, 2019**

Race will start & end at Xavier Center  
465 Table Rock Road, Gettysburg

### 5K Categories

#### MALE

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49,  
50-59, 60 and above

#### FEMALE

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49,  
50-59, 60 and above

### Individual Awards

Cash prizes awarded to top three overall male and female runners for the 5K and 10K.

Holiday pies will be awarded to top 3 finishers in each category of the 5K.

Medals awarded to all 10K finishers. Holiday pies awarded to the top 5 Male and Female 10K finishers.

All participants will receive a goody bag.

*For more information, please call the school @ 717.334.4221 or email nnscholarship@sfxcs-pa.org*

## **Mail-in Registration Form**

**\*\*\*One form per participant\*\*\***

**For Online registration: please visit [www.RunSignUp.com](http://www.RunSignUp.com)**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender M F

Age on race day \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_

**EARLY BIRD REGISTRATION BY FRIDAY, NOVEMBER 29, 2019**  
**LONG SLEEVE T-SHIRT IS GUARANTEED**

Circle T-shirt size: YS YM YL YXL S M L XL XXL

\$ \_\_\_\_\_ 10K with Long-Sleeve T-shirt - \$40

\$ \_\_\_\_\_ 5K with Long-Sleeve T-shirt - Adult \$25

\$ \_\_\_\_\_ 5K with Long-Sleeve T-Shirt - Child (8<sup>th</sup> grade and under) \$15

**Registration Prices Increase on November 30, 2019**

**T-SHIRT IS NOT GUARANTEED after November 30<sup>th</sup>**

\$ \_\_\_\_\_ For Registration after Friday, November 29 - Add \$10 to each registrant

\$ \_\_\_\_\_ TOTAL (Make Checks payable to: St. Francis Xavier Catholic School)

Upon acceptance of this entry, I assume all risks associated with participation in this event. I hereby hold harmless SFXCS, all sponsors, and volunteers from liability incurred while at the run/walk. I further state that I am in proper physical condition to compete in this race. I also grant permission for SFXCS to use my name & picture in the paper or for future media use as they see fit.

Signature (parent's signature if a minor) \_\_\_\_\_

### Mail registrations and Payment to:

SFXCS - Run at the Rock, 465 Table Rock Road, Gettysburg, PA 17325

*Make Checks payable to: St. Francis Xavier Catholic School*

*Registrations will be accepted at SFXCS office and on race day starting at 9:00 am*