

ABOUT THE RESPECT LIFE 5K

Support the cause of life by registering for the Knights of Columbus 2022 Respect Life 5K! Join your friends and neighbors as we rally together and run/walk for the cause of protecting the unborn and respecting life "from womb to tomb"! Proceeds from the race will be used to assist in the purchase of an ultrasound machine for a pregnancy crisis center in Colorado as part of the Knights of Columbus Ultrasound Initiative Program.

The race starts at 8:00 am. Race day registration and packet pick-up begin at 7:00 am.

We have a new course this year!! The course still starts and finishes at Light of the World (LOTW) Catholic Church and winds through the adjoining neighborhood.

Free parking is available on site.

There are two team categories: Knights of Columbus (from the same council) and Parish (from the same parish, church or religious organization; at least one female). A minimum of four members must be on a team. Team members are also eligible for individual age group awards.

Individual and Team awards will be distributed after the race.

A free breakfast is provided by the Knights of Columbus to all participants, supporters, and volunteers.

All 5K participants are eligible for door prizes. A free kids fun run (12 and under) will be held following the 5K.

Email us at respectlife5k@gmail.com if you have specific question