

2025 Respect Life 5K Run/Walk and Team 5K

sponsored by the Knights of Columbus

When: Saturday, July 19th, 2025 @ 8:00 AM

Where: Light of the World Roman Catholic Church
10316 W Bowles Ave
Littleton CO 80127



Registration: Online - <https://respectlife5k.com> by 7/18/2025
Mail-in – must be received by 7/17/2025
Race Day: 7:00 AM - 8:00 AM (credit cards welcome)

Support the cause of life by participating in the Knights of Columbus 2025 Respect Life 5K! Join your friends and neighbors as we rally together and run/walk for the cause of protecting the unborn! 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.

Do you have questions? Please contact us via email: respectlife5k@gmail.com.
Visit our facebook page at <https://www.facebook.com/5KRespectLifeRunWalk>

*Mandatory field

Name*: _____ **Gender*:** M F **Age* (on race day)** _____

Address: _____
Street City State Zip

Email*: _____ **Phone Number*:** _____

Parish: _____ **Check here if you would like to have a Knights of Columbus Insurance Agent contact you**

Registration Status	Fee
_____ 5K Individual Registration (must be received by July 17th, 2025)	\$35.00
_____ 5K Team Registration (all teams due by July 16th, 2025) (Fee is <u>per person</u> . All team members must complete page 2)	\$30.00
_____ 5K Race Day Registration (July 19th, 2025)	\$40.00
_____ I want to donate to the cause	\$ _____

TOTAL DUE \$ _____

T-Shirt Size* (circle one): S M L XL None (donate it) **Register early to be guaranteed a shirt!**

Payment Information: I would like to pay by (circle one): CASH CHECK CREDIT CARD (church only)
Please make checks out to: K of C Council 12567 Memo: 2025 Respect Life 5K

Liability Waiver (must be signed to participate in the Knights of Columbus 2025 Respect Life 5K)

I understand that running a road race is a potentially hazardous activity. I have read the race flyer and am familiar with the course, procedures and rules. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, rain and/or hail, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act upon my behalf, waive and release the organizers of the Knights of Columbus 2025 Respect Life 5K, its directors, officers, staff, volunteers, Light of the World Roman Catholic Parish and its staff and employees, and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission for all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For runner's safety, I understand that bicycles, scooters, and roller blades are prohibited. Strollers are allowed. There are NO DOGS allowed (except guide dogs). **I UNDERSTAND THAT THERE ARE NO REFUNDS FOR THIS EVENT.**

Signature of Participant: _____ **Date:** _____
(Parent or guardian, if under the age of 18 on race day)

Team Registration Information (fill out only if participating on a team; one form per participant)

Team category (select one only):

_____ **Knights of Columbus:** Team made up of at least four Knights (**males only**, no family members) from the same Council or Assembly

Council/Assembly # _____ Council/Assembly Name _____

Team Captain _____ E-mail _____

_____ **Parish/Organization/Family:** Made up of at least four members, minimum one female, from the same Parish/Organization/Family

Parish/Organization/Family name _____

Team Captain _____ E-mail _____

Team Name (if more than one team from same Parish/Organization) _____

Additional Team Category Rules and Information:

If you use snail mail (USPS), it is recommended that you mail the registration forms together, if possible. If not, make sure the team captain and council/team name match on each registration. If you decide to register online, have the team captain register first and then team members can search for the council number or parish/organization team name. The captain also has the ability to register (and pay) for all team members online. You may run as a member of **only one** team. **Each team must have a minimum of four participants** (no maximum limit). The entry fee is **\$30.00 per person** per team. All team members will receive a T-shirt and bib. The four fastest finishers' times count toward the total time. The lowest combined total team time is the winner. For the Parish team category, at least one of the four qualifying times must be female. For example, a Parish team with ten members (six men and four women) will have a total team time consisting of the fastest female's time and the next three fastest times, regardless of gender. **Team entries must be received by July 16th.** All team participants are eligible for individual awards and the prize drawing. Do you have questions? Please contact us via email at respectlife5K@gmail.com.