

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*

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 and SFX Facebook page before 7am on race day morning.

THE 7TH 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

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 (8th grade and under) \$15

Registration Prices Increase on November 30, 2019

T-SHIRT IS NOT GUARANTEED after November 30th

\$ _____ 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