



2019 Heart of Oak

10th Anniversary

5K Run • 5K Family Fun Walk • Kids 1-Mile Fun Run

*In Loving Memory of Vicki Oakley • Friend, Teacher and Coach
Proceeds benefit the ASH Booster Club*



Online Registration, Race Management and Timing provided by Hanson's Race Management 5K Course – USATF Certified

***NEW: TIMERS AT THE ONE (1) MILE & TWO (2) MILE SPLITS**

When: Sunday, September 15, 2019
8:00 a.m. Registration begins
9:00 a.m. Kids Run (12 and Under)
9:30 a.m. 5K Run and 5K Family Fun Walk

Where: Academy of the Sacred Heart
1250 Kensington Road
Bloomfield Hills, MI 48304
248-646-8900

Entry Fees:

- ___ Adults (13 and over) \$30.00 Total owed: _____
- ___ Day of Registration \$35.00 Total owed: _____
- ___ Kids \$10.00 Total owed: _____

Register ONLINE at www.ashmi.org/oak

Tech t-shirt available to the first 200 registrants!! All participants guaranteed a medal!!

Registration Form: Make Checks Payable to: "Academy of the Sacred Heart" or Register online

Call me regarding sponsorship opportunities: ___ (or) I'm enclosing an additional donation of \$_____.

Name of Participant _____ Male/Female ___ Age on 9/15/19 ___ T-shirt size (adults only) _____ S, M, L, XL, XXL

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Total Amount Enclosed: _____ **Thank You! See you on race day!**



**If not registering online, mail form with check to:
Academy of the Sacred Heart
1250 Kensington Road, Bloomfield Hills, MI 48304**