

SPONSORED BY
MARIO "CHICK" ALBERGHINI
COLUMBIETTES
and
KNIGHTS OF COLUMBUS



IN SUPPORT OF:

**Heroes on the Water
The Navarre Community
Outreach Program**

REGISTER AT:



Through June 10, 2026

Registration is also available at:
www.stsylv.org/Flag-Day-5K

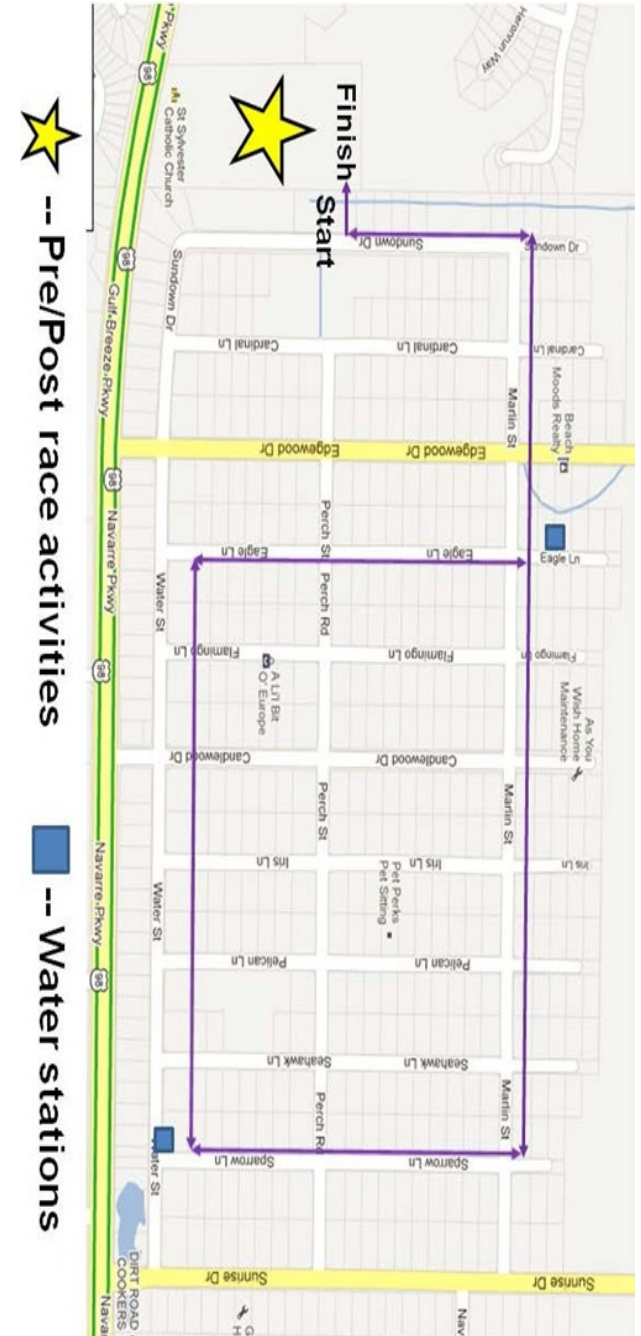
Click on link to print a registration form and return completed form to the St. Sylvester Parish Office or mail them to:

St. Sylvester Catholic Church
6464 Gulf Breeze Pkwy
Gulf Breeze, FL 32563

FLAG DAY 5K RUN/WALK



JUNE 13, 2026



REGISTRATION & PACKETS

INDIVIDUAL REGISTRATION

\$30.00—Early Registration

\$35.00— Day of...

\$10.00—Children 12 & under

\$20.00—Active Duty Military

T-Shirt delivery guaranteed

To first 250 to pick up packets

(SIZES ARE NOT GUARANTEED)

REGISTRATION & PACKET PICK-UP

Early pick up -

Bib Number and T-Shirt
at St. Sylvester Parish Center
Friday, June 12, 2026
3:30pm until 7:30pm

Race Day pick up -

at St. Sylvester Parish Center
6:30am until 7:00am

RUN/WALK EVENT

7:00am - Pre-Race Ceremony
in Parish Center

7:30am - Run/Walk Starts

TO ALL PARTICIPANTS

**Free breakfast will be served to all
participants in the Parish Center
during the Awards Ceremony.**

RUN/WALK

CERTIFIED 5K RACE

AWARDS CATEGORIES

Male and Female Runners/Walkers

(1st, 2nd and 3rd place in all categories)

Overall

Open Age Group (20 - 29)

Open Age Group (30 - 39)

Masters (40+)

Grand Masters (50+)

Senior Masters (60+)

Senior Grand Masters (70+)

Stroller (1st, 2nd & 3rd place)

FINISH LINE AND SCORING

“Flag Day 5K” is computer scored by
“Event-Technical Services, Inc.”

Your bib number must be
pinned to the FRONT of your shorts or shirts.
The Run/Walk results can be accessed through

www.event-tech.com

MAKE CHECKS PAYABLE TO: COLUMBIETTES

**ONLY SERVICE DOGS ARE ALLOWED
TO PARTICIPATE IN THE RACE**

PLEASE PRINT

LAST NAME _____

FIRST NAME _____

MUST CIRCLE ONE

RUN WALK WHEELCHAIR STROLLER

AGE DAY OF RACE _____ DOB _____

MALE _____ FEMALE _____

ZIP CODE _____

PHONE _____

E-MAIL _____

EMERGENCY CONTACT NUMBER _____

NAME _____

SHIRT SIZE: S M L XL XXL

RELEASE MANDATORY

I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT, AND ASSUME ALL THE RISKS ASSOCIATED WITH PARTICIPATION IN THE EVENT. BUT NOT LIMITED TO FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECT OF THE WEATHER, TRAFFIC AND CONDITIONS OF THE ROADS, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. I AGREE TO ABIDE BY ANY DECISION OF THE RACE OFFICIALS RELATIVE TO MY ABILITY TO SAFELY COMPLETE THIS RACE IN CONSIDERATION OF YOUR ACCEPTANCE OF MY ENTRY. I, THE UNDERSIGNED HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE ST. SYLVESTER CATHOLIC CHURCH. THE COLUMBIETTES, THE KNIGHTS OF COLUMBUS, THE SPONSORS, THE BISHOP OF PENSACOLA-TALLAHASSEE DIOCESE, THE PENSACOLA-TALLAHASSEE DIOCESE, SANTA ROSA COUNTY AND HOLLEY-BY-THE-SEA FROM ANY AND ALL CLAIMS FOR DAMAGES THAT I MAY INCUR WHILE RACING. EVERY EFFORT WILL BE MADE TO CONDUCT THE RACE, HOWEVER, IF IT SHOULD BECOME NECESSARY TO CANCEL FOR REASONS BEYOND OUR CONTROL, WE WILL NOT BE ABLE TO PROVIDE REFUNDS. I ACKNOWLEDGE THAT ANY PHOTOGRAPHS OR VIDEOS TAKEN OF ME MAY BE USED FOR EVENT PROMOTIONAL PURPOSES.

Signature _____ Date _____