

St. James Health

Saturday, 2/22/25

5K • 10K • Fun Run



Start Times

8:00AM Fun Run

8:30AM 5k/10k

Packet Pickup Info

Thursday, February 20, 2025, 4pm-8pm

Millpond Brewing and Incubator

308 E Washington St

Millstadt, IL 62260



Medals

0-13 30-39

14-19 40-49

20-29 50-59

60 & up

\$35 Adult 16+ 5k/10k

\$30 Child 15 and younger 5k/10k

\$25 Fun Run 10 and younger

\$35 Virtual 5k

Wellness Fair

St. James Parish Center

423 W. Madison St.

Raffles, Prizes, Resources

8:00AM-12:00PM

Free admission!

Online Registration



St. James Health Fair

We are excited to invite you to be part of the St. James Run with Heart Race's Winter Health Fair. As a valued health and wellness business, your participation would help us promote healthy living to our community by offering free health screenings, wellness information, interactive health challenges, and educational materials. This is a fantastic opportunity to showcase your services while supporting our mission to encourage healthier lifestyles.



If you're interested in joining us, please complete the form below and return it to St. James Millstadt School, Attention: Run with Heart.

Saturday, 2/22/25
8:00 AM to 12:00 PM
St. James Parish Center
423 W. Madison St.
Millstadt, IL

Thank you for considering this opportunity to engage with our community and inspire wellness!

Vendor Information

Name of Business

Contact

Phone Number

Email

Address

Yes, I would like to be a vendor at the Winter Health Fair

I can bring my own table/I do not need one

I would need a table provided

I will provide the following screening and/or literature : _____

I would like to hold a demonstration on the topic: _____

I would like to bring the following for swag/door prizes: _____

I would like to become a St. James Run With Heart Sponsor and advertise my business on the event shirts for \$150.

I am not able to attend this year, but please reach out next year

Return by 1/15/25 to: 412 W Washington Street Millstadt, IL 62260

St. James Health Run

St. James Catholic School is excited to host the Run with Heart 5K/10K and Winter Health Fair on Saturday, February 22, 2025. We are seeking generous support from businesses and individuals to contribute either cash donations or attendance prizes for the event.

The run will take place in Millstadt, IL, starting and finishing at the St. James Parish Center. Participants who pre-register will receive event T-shirts, and there will be awards for the best male and female runners by age group, medals for kids, and attendance prizes. Our past races have been a tremendous success, attracting large crowds from the community.

We invite sponsors to showcase their businesses on race T-shirts, race route signage, or in participant bags. Below, you'll find the various sponsorship levels and associated benefits. Thank you for considering this opportunity to support our event and promote heart health in our community.



Saturday, 2/22/25
8:00 AM to 12:00 PM
St. James Parish Center
423 W. Madison St.
Millstadt, IL

Sponsor Information

Name of Business or Sponsor *Please list exactly how you would like it listed on any publication

Contact Name

Phone & Email

- \$50 – I can't attend & don't need recognition but want to donate!
- \$150 – Your name or business name will be listed on our t-shirts
- \$200 – Your name or business logo will be listed on our t-shirts
- \$300 – Your name or business logo will be listed on our t-shirts and 3 sponsor race signs will be posted along the race route.
- \$500 – Your name or business logo will be listed on our t-shirts and 6 sponsor race signs will be posted along the race route.



We appreciate any monetary donation or attendance prizes you can offer and understand if you are unable to donate at this time.

For additional information, please call St. James School @ 618-476-3510 or email principal@stjamesmillstadt.com
If you would like to be a donor, please return your check and form by January 15, 2025

make checks payable to: St. James Catholic School
c/o 5K Heart Run 412 W. Washington Millstadt, IL 62260