



Wear your Spirit Shirt!!

FREE DRESS for all participants



NEWPORT MESA SPIRIT RUN INVITES YOU TO

RUN FOR YOUR SCHOOL

A fun run to raise money for your school

Come out and show Newport Mesa your SCHOOL SPIRIT!! Check out the website below for details and how to register. Please make sure to have each racer register themselves to earn credit for our school. During the check out process make sure to select Our Lady Queen of Angels as your registered "Dash-for-Cash" School.

We will have our own section set up at the EXPO; coffee and treats for parents and children. Look for the Red "OLQA" Pop Up tent.

Any questions or concerns please contact:
Amy Williams
ptoathleticschair@olqa.org

GO ANGELS!!!!

March 17, 2019 • Morning Races •
Fashion Island

Register at www.nmspiritrun.org

RACE DAY SCHEDULE

Race Day Sunday, March 17, 2019

6:00 AM Registration opens

6:30 AM Expo Opens

6:30 AM 10K (19 & up)

7:30 AM Youth 5k (18 & under)

8:10 AM Open Mile (15 & Up)

8:20 AM Elite Mile (qualified 19 & up)

8:25 AM Kriser's Dog Mile (13 & up)

8:35 AM Adult 5k (19 & up)

8:37 AM 5k Walk (all ages)

9:30 AM Family Mile (families & 19 & up)

9:40 AM Youth Mile (11-14, pre-high school only)

9:50 AM Youth Mile (9-10)

10:00 AM Youth Mile (7-8)

10:10 AM Youth 1/2 Mile (5-6)

10:15 AM Youth 1/4 Mile (4)

10:10 - 10:30 Toddler Trot (multiple starts)