



Run with the Monks

Join us for a great run around the scenic Monastery grounds!

Newly Added 8-Mile Race
(Not for beginners)

Free Pancakes
for all participants
after the race!



**EARLY REGISTRATION
ENTRY FEES**
(PRICES GO UP AFTER MAY 26)

8-Mile Race
\$35
with signed waiver

5K Race
\$30
with signed waiver

1.5-Mile Fun Run
\$25
for all participants



Haiti Humanitarian Fund

A Fun Fundraiser for a Great Cause! "Haiti Humanitarian Fund (HHF) "

The monastery of the holy spirit has teamed up with (HHF) for this 10th annual "run with the monks" fundraiser.

All of the proceeds from registrations and sponsorship will go directly to HHF. Please help us make this event a success!

www.HaitiHumanitarian.org

**Register on line: www.trappist.net/events
or at the Monastery Gift Store**

MONASTERY OF THE HOLY SPIRIT

2625 Hwy. 212 SW • Conyers • 678 964-2237 • www.trappist.net/events