GREAT NECK 5K RUN/WALK & 1 MILE FUN RUN

Two Great Races for One Great Evening

Mardi Gras in May for Haiti FRIDAY, MAY 1, 2020 VA BCH, VA

Proceed Benefit:

Teacher 2 Teacher Education

Supporting five schools and 40 teachers in Baptiste, Haiti

REGISTER ON-LINE AT: [www.5kgreatneck.com](http://www.5kgreatneck.com)

Wear Mardi Gras Attire: Purple Green & Gold

Start and Finish Location:

Church of the Holy Family

1279 North Great Neck Road

Virginia Beach, VA 23454





MARDI GRAS IN MAY



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **RACE & AGES** | **ENTRY**  **FEE** | **REGISTRATION**  **TIME** | **RACE**  **Time** | **Course**  **Location** | **Awards and Give A Way** |
| **1 Mile Fun Run**  **5th grade and below** | **$5**  **$10 on day of race** | **5:15-**  **5:45 pm** | **6:00 pm** | **Runners stay on Church property** | **All finishers receive Mardi Gras surprises!** |
| **5K Run/Walk**  **All ages** | **$20 Adults**  **$15 Students**  **$25 Adults**  **$20 Students**  **On day or Race** | **5:15-**  **6:45 pm** | **7:00 pm** | **Participants run through Laurel Cove Neighborhood**  **Timed by Tidewater Striders** | **Medals given to:**  **Over all top male and female winner**  **Men and Women (Top 3 in each age group)**  **12 & under, 13-18, 19-29, 30-49, 50 and over**  **Adults receive a PEACECYLE reusable multi-use bag made in Haiti from water bags.**  **Students receive a PEACECYCLE pencil bag and lunch bag made in Haiti from water bags.** |

See Chart Below for Information about both races

AFTER RACE PARTY, DINNER and ENTERTAIMENT

Following the run, enjoy a creole dinner of black beans, rice, hot dogs and lemonade. Quench your thirst with soda, a CASH BAR with beer, wine, Haitian rum & coke and specialty drinks.

Dance the evening away to the DJ sounds of today’s best music.

GREAT NECK 5K RUN/WALK & 1 MILE FUN RUN

COMPLETE ENTRY FORM ON BACK

Register on-line at: 5kgreatneck.com

MAY 1st 2020

Email or call with questions: (757) 481-5702

[greatneck5krunhf@gmail.com](mailto:greatneck5krunhf@gmail.com)

Mail Entry Form and Payment to:

Church of the Holy Family

Haiti Committee c/o Brian Alexander

1279 North Great Neck Road

Virginia Beach, Virginia 23454

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Person | Race  Circle One | First and Last Name | Age | Gender | Fee Circle One |
| 1 | 1 Mile Fun Run  (5th grade  or below) |  |  |  | $5 Fun Run |
| 5K Run/Walk |  |  |  | $20 Adult  $15 Student |
| 2 | 1 Mile Fun Run  (5th grade  or below) |  |  |  | $5 Fun Run |
| 5K Run/Walk |  |  |  | $20 Adult  $15 Student |
| 3 | 1 Mile Fun Run  (5th grade  or below) |  |  |  | $5 Fun Run |
| 5K Run/Walk |  |  |  | $20 Adult  $15 Student |
| 4 | 1 Mile Fun Run  (5th grade  or below) |  |  |  | $5 Fun Run |
| 5K Run/Walk |  |  |  | $20 Adult  $15 Student |
| 5 | 1 Mile Fun Run  (5th grade  or below) |  |  |  | $5 Fun Run |
| 5K Run/Walk |  |  |  | $20 Adult  $15 Student |
| TOTALS ENTRY FEE | |  | | |  |

Check box if child care is needed during 5K race/walk only. Age of Child \_\_\_\_\_\_\_\_\_\_\_

Runner Agreement Wavier, Release & Acknowledgement: All participates are required to sign the wavier below.

I know that a three mile run/walk is a potentially hazardous activity. I should not enter a run/walk unless I am medically able to compete. I understand that this road run/walk is not intended for vehicles (skateboards, roller blades etc…) or distractions (headphones, dog on leash etc…) and I will abide by these guidelines. Also I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all effects of weather, including heat or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Church of the Holy Family, the Diocese of Richmond, the Holy Family Haiti Committee,

Teacher 2 Teacher Ministry and the City of Virginia Beach, and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use my photographs, motion pictures recording or any other record of this event for legitimate purposes.

Signature of Runner/Walker #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature of Runner/Walker #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Runner/Walker #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature of Runner/Walker #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Runner/Walker #5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(Signature of Parent/Guardian if under 18 please)**

E-mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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