GREAT NECK 5K RUN/WALK FOR HAITI

**UNITY IN MOVEMENT FRIDAY MAY 5, 2023 7:00pm**

**Starting Time and Place** **Rain or Shine**

**Race starts at 7:00pm**

Church of the Holy Family

1279 North Great Neck Road

Virginia Beach, VA 23454

Pre-Registration Packet Pick-Up & Race Day

Registration: 6:00pm-6:45pm

**Course**

5K runs through Laurel Cove Neighborhood

**Entry Fee**

$25 per Adult  $15 Student

Entry fee increases $5 on day of the event

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

**Make checks payable to:** Holy Family

**Mail Entry and Payment to:**

Haiti Committee c/o Brian Alexander

1279 North Great Neck Road

Virginia Beach, Virginia 23454

Questions: briangreatneck5k@gmail,com

**For more information visit www.5kgreatneck.com**

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| **Proceeds Benefit: Teacher 2 Teacher**  **Supporting five schools & Forty Teachers** |

**Awards: Medals will be awarded in the following groups.**

5K Men and Women (Top 3 in each group)

12 & under, 13-18, 19-29, 30-49, 50 and over

Over all medals given to top male and female runners

**2023 Run Theme: Unity in Movement**

**Participants are guaranteed a T-shirt if registered by April 18, 2023**

**Need Child Care During the Race?** Child care will be provided during the race for children ages 1 and up.

 

Thank you for your support.

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| **AFTER RACE PARTY: DINNER and ENTERTAINMENT**  Following the run join your fellow runners for a Creole Dinner of black beans and rice. Quench your thirst with lemonade, a cash bar with beer, wine, Haitian rum & coke and margaritas. Dance the evening away to the DJ sounds of the best dance music. Be ready to celebrate |

**ENTRY FORM: GREAT NECK 5K RUN/WALK for HAITI EDUCATION (PLEASE PRINT)**

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age on Race Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Circle Gender: Male Female Circle T-shirt Size: S M L XL XXL

E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount Paid \_\_\_\_\_\_\_\_\_\_ Child Care Needed 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 distraction (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 the wavier and knowing the 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 Dioceses of Richmond, the Holy Family Haiti Committee, Teacher 2 Teacher Ministry and the City of Virginia Beach, and all sponsors, their representatives 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 or any other recording of this event for legitimate purposes.

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Signature of Runner/Walker Signature of Parent/Guardian if Under 18

MULTIPLE REGISTRATIONS

Please print and list **ALL** members of the family participating in the 5K Run/Walk for Haiti

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| --- | --- | --- | --- | --- | --- |
|  | Name | Fee Amount | Male or Female | Age | T-Shirt Size |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |

ENTRY FEE:

$25 per adult

$15 Students