



# 5K Run/Walk with the Son for Haiti

Dec. 2, 2017 St. Kateri Tekakwitha Church Tabb, VA

Lord, show me the path that leads to life.

Ps 16:11

### Course

5K through Running Man subdivision, adjacent to church

### Starting Time and Place

8:30 a.m.

St. Kateri Tekakwitha Catholic Church, 3800 Big Bethel Rd., Tabb VA 23693

Race Day registration: 7:30 - 8:15 a.m.

### Entry

Single \$25 per runner/walker

Student \$20

Family \$20 per person(submit entry form for each runner/walker)

Pre-registration before Nov. 20 guarantees t-shirt size.

Online registration also available at: [www.stkaterirun.com](http://www.stkaterirun.com)

### Awards

5K Men & Women: Top 3 overall, Top 3 Masters (40 yrs. Plus)

Top 3 in Age Groups: 8 and under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34,

35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Walkers: Top 3 Men and Top 3 Women

High School Challenge: Trophy to winning school (Average top 5 runners)

Race held rain or shine.

No official times after 45 minutes from start of race.

Peninsula Track Club timed race. No PTC passes accepted at this event.



Benefits the education of the children in Boucan-Carre, Haiti.

### Race Information

Judy Townsend, Race Director

757-876-2417 email: [judy.townsend@verizon.net](mailto:judy.townsend@verizon.net)

[www.stkaterirun.com](http://www.stkaterirun.com) [www.peninsulatrackclub.com](http://www.peninsulatrackclub.com)

### RAFFLE AND SILENT AUCTION ON RACE DAY.

Preview: Friday, Dec. 1, 4 - 6 p.m.

**NEW!** Preregistration and Packet Pick-up: Friday, Dec. 1, 4 - 6 p.m.

### Presenting Sponsor:

Dr. Clark's Center for Weight Loss Success



Mail entry and payment to: Nancy Martino, 19 Lee Ave., Poquoson, VA 23662

Checks payable to "St. Kateri Tekakwitha"

### St. Kateri's Run/Walk with the Son for Haiti 5K Registration

Please check one:  Runner  Walker

First Name (please print) \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

StreetAddress \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Gender:  M  F PTC Member:  Y  N

Technical T-Shirt: YES \_\_\_ Size: Child:  S  M  L

NO T-shirt: \_\_\_\_\_

Ladies:  S  M  L

Men's:  S  M  L  XL

High School (if entering challenge)

### Runners Agreement Waiver, Release & Acknowledgment

All runners are required to sign the waiver below. Registrations that are not signed will not be processed.

I know that running a road race is a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather, including, high heat or humidity, traffic and the conditions 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 the York County, Peninsula Track Club, St. Kateri Tekakwitha Catholic Church, Road Runners Club of America, 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 any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of RRCA and USATF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian if runner is under 18 \_\_\_\_\_ Date \_\_\_\_\_