



10th Annual St. John the Apostle's Stingray & Lil Ray Run



Tidewater Strider Youth Grand Prix and New Energy Event
Tidewater Strider Walking Grand Prix Event

5K, 1Mile Fun Walk/Run & 50 Yd Dash
Saturday, May 5th, 2012--Races begin at 8:30 a.m.

RACE COURSE

This beautiful race course is located in the scenic Sandbridge community and takes place on flat paved streets with mile markers at each mile. Check in will be located at the Little Island Park Shelters.

REGISTRATION (www.raceit.com or www.tidewaterstriders.com)

Race day registration opens at 7:30 am at Little Island Park.

Early Adult registration fee postmarked by 4/25 is \$20 for 5K or 1M (\$25 after 4/25). **Add \$5 to run both.**

Students 17 years & younger 1 Mile Run \$7 by 4/25 (\$12 after 4/25) or \$7 for 5K (\$12 after 4/25). **Add \$3 to run both.**

50 Yard dash Free - **Age five and under please.** (\$7 for a shirt, circle shirt size below)

RACE TIMES

1 Mile Fun Run/Walk begins at 8:30 a.m.

5 K Run/Walk begins at 9:00 a.m.

50 Yard Lil Ray Dash 9:45 a.m.

RAFFLE TICKET

1 Free ticket with each registration
Additional Tickets \$2 ea or 3 for \$5

Golden Runners and Race pass holders free entry for first event. Pre-registered by mail or drop off only to SJA **BEFORE** 4/25. Add \$7 if shirt desired. Add \$5 to run both events.

Friday, May 4th

Packet Pickup & Spaghetti Dinner

5:00 – 8:00 p.m.

St. John the Apostle Catholic School Cafeteria

Spaghetti Dinner \$5 each or \$20 per family.

Kids 3 and under eat free!

AWARDS

T-shirts guaranteed to all participants who pre-register by 4/25. After, first come first serve while supplies last. Awards will be presented for the top three male and female runners overall and in each age group in both the 5k Run and 1 mile events. Awards will be presented for overall top three male and female in the 5k Walk. Ribbons will be awarded to all participants in the 1 mile & 50 Yd dash event. Awards ceremony will occur approx. at 10:00 a.m. (no double dipping.)

AGE GROUPS

5k Run: Male 9 & under, 10-11, 12-13, 14-15, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-over.

Female 9 & under, 10-11, 12-13, 14-15, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-over.

5k Walk Division: Overall Male 1st, 2nd & 3rd & Overall Female 1st, 2nd & 3rd

1 mile: Male 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17 and over.

Female 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17 and over.

RACE DIRECTOR

Mike Daniels 301-2006 (usstuna@aol.com)

SJA Development Director

Marilyn Ertel (757-821-1100)

Make checks payable to St John the Apostle Catholic School & **Fill Out One Race Application Per Participant**

Last Name _____ First Name _____

Address _____

City, State & Zip _____ SJA Student _____

Phone _____ Email _____

Select your event(s): 50 YD Dash 1 Mile 5k Run 5k Walk (No run/jogging) Dinner

Gender: Male Female T-Shirt size (circle one) S M L XL or Youth S(6/8) M(10/12) L(14/16)

Age on race day _____ Date of birth _____ Golden Runner # _____



Mail entry to: St. John's Stingray Run, 1968 Sandbridge Road, Virginia Beach, VA 23456

I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, St John the Apostle Catholic School, the City of Virginia Beach, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from 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 race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines.

Signature _____ Date _____ (Parents Sig. If Under 18)

No Refunds, Exchanges, or Transfers. Race Held Rain or Shine.

For Internal Use only: AMOUNT: _____ CHECK #: _____ CASH: _____ MAIL IN: _____ DROP OFF SJA: _____ ONLINE: _____ DAY OF REG: _____ (121312)