

Jewish Family Service of Tidewater

6th Annual Run, Roll or Stroll

Sunday, May 2nd, 2010

Neptune's Park at 31st Street - Virginia Beach Boardwalk

Sponsored by the Lori & Michael Glasser Family



The Run, Roll or Stroll is a fundraising event to benefit Jewish Family Service of Tidewater, Inc., a non-profit agency that provides an extensive array of social services including Home Health, Counseling for Adults and Children, and Meals on Wheels to people of all faiths in the Tidewater community.

Race Schedule: 8K and 5K Run/Walk, 8:00 am
1 Mile Run/Walk, 9:15 am

Race Day
Registration: 6:45 am - 7:45 am
(Neptune's Park at 31st Street)

On-Line
Registration: www.tidewaterstriders.com or
www.active.com

Pre-registration guarantees a t-shirt.
Registrations postmarked after 4/23/10
and Race Day registrations will receive
t-shirts on a first-come, first-served basis.

Fees:

- 8K Run \$25 pre-registration, \$30 after April 23
- 5K Run/Walk \$20 pre-registration, \$25 after April 23
- 1 Mile Run/Walk \$15 pre-registration and day of race



Platinum Sponsor



Diamond Sponsors

Jaffe Family Fund

Copeland/Klebanoff Families

Teams:

Get your friends, co-workers and family together and run as a team. 4 or more members constitute a team. Team members may participate in any race. All teams must pre-register by April 23, 2010 and submit their individual registration forms together. Team members are eligible for individual awards in their respective race and also for the team award.

Awards: • 8K & 5K top 3 men and women runners overall and the top 3 in each the following age groups will receive commemorative awards:
(12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+)

- Top three men and women 5K walkers
- 1 Mile Run (1-6, 7-9, 10-12, 13-15, 16-18, 19+)
- Team Award presented to team with most participants
- All 1 Mile entrants receive a ribbon at the Finish Line



Post Race Party:

Awards presentation, door prizes, food, drinks, massages, live entertainment & more.

Recycle Your Shoes:

Donate your athletic shoes to the Nike Reuse-A-Shoe program. Help us meet our goal of 200 pairs!

Race Directors: Kim Stites and Sue Graves - (757) 321-2222

Make Checks Payable to: Jewish Family Service of Tidewater

Mail Entries to: JFS Run, Roll or Stroll, c/o Jewish Family Service, 260 Grayson Road, Virginia Beach, VA 23462

First Name: _____ Last Name: _____

Team Name (if applicable): _____

Mailing Address (Street, City, State, Zip): _____

Phone # (include area code): _____ E-Mail: _____

Age: _____ Birthdate: _____ Sex (Circle One): M F T-Shirt Size (Circle One): Adult S M L XL

Personal Chip ID number: _____ Youth S M L

Event (Circle One)	
8K Run	5K Run
5K Walk	1 Mile Run/Walk

I know that running a road race is a potentially hazardous activity. I should not enter and 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 risks 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 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 Tidewater Striders, Jewish Family Service of Tidewater, Inc., the City of Virginia Beach, USAFT, RRCA, race officials, volunteers and all sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing 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 the USATF and I understand the race is not intended for individuals with headphones, baby joggers, baby strollers, dogs on leashes, skateboards or skates, and I will abide by these guidelines. I understand I will be charged a fee of \$25.00 for not returning my CHIP.

Signature _____ Date _____ Guardian if under 18 _____ Date _____