



8th Annual St. John the Apostle's Stingray & Lil Ray Run

Tidewater Strider Youth Grand Prix New Energy Event

5K, 1 Mile Fun Walk/Run & 50 Yd Dash
Saturday, May 1st, 2010--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. The race begins and ends at Little Island Park at the end of Sandpiper Road.

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

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

Early Adult registration fee postmarked by 4/23 is \$20 for 5K (\$25 after 4/23). **Add \$5 to run both.**

Students 17 years & younger 1 Mile Run \$5 by 4/23 (\$10 after 4/23) or \$5 for 5K (\$10 after 4/23). **Add \$5 to run both.**

50 Yard dash Free (\$5 for a shirt, shirt sizes below)

RACE TIMES

1 mile fun run/walk begins at 8:30 a.m.

5 K 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

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

Kids 3 and under eat free!

**Friday,
April 30th
Early Packet
Pickup &
Spaghetti Dinner**

St. John the Apostle
Catholic School

6:00 – 8:00 p.m.

AWARDS

T-shirts guaranteed to all participants who pre-register by 4/23. Medals for the first three male and female runners in each race overall and in each race age group. Ribbons will be awarded to all participants in the 1 mile & 50 Yd dash event.

Awards ceremony approx. 10:00 a.m. Stay around for the great refreshments and raffle prizes!! Enjoy the beach!!

AGE GROUPS

5k: Male 9 and under, 10-11, 12-13, 14-15, 16-17, 18-29, 30-39, 40-49, 50-59, 60 and over.

Female 9 and under, 10-11, 12-13, 14-15, 16-17, 18-29, 30-39, 40-49, 50-59, 60 and over.

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

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

CO- RACE DIRECTORS

Michelle Clough (Emeritus)

Chris McMullan

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

Golden Runners and Race pass holders must preregister only via mail **BEFORE** 4/23. Shirt additional \$5 per entry.

Make checks payable to St John the Apostle Catholic School

Last Name _____ First Name _____

Address _____

City, State & Zip _____ SJA Student _____

Phone _____ Email _____

Select the race(s) you are entering _____ 50 YD Dash _____ 1 Mile _____ 5k

Gender: Male _____ Female _____ T-Shirt size (circle one) S M L XL or Youth S(6/8) M(10/12) L14/16)

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



Mail entry to: St. John's Freedom 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: CHECK _____ CASH _____