

5K & 1 Mile Love Run/Walk to benefit CHKD

sponsored by Princess Anne HS and Cox HS

February 17th 2018

The 14th Annual Love Run/Walk is an event to raise money for the Children's Hospital of the King's Daughters. In previous years combined, we have raised over \$40,000 thanks to both businesses and participants. Princess Anne HS and Cox HS are hoping this year to raise over \$10,000.

The 5K cost is \$20.00 and the 1 mile Fun Run is \$10.00. All proceeds from the race benefit CHKD. Registration for this event will be from 8:00-8:45am on Saturday, February 17th, 2018. All pre-registered race participants will receive a number and t-shirt. Same day registration is available, but we cannot guarantee a t-shirts.

Parking is available at both Thalia Elementary and at Princess Anne High School. The race will start and end at Thalia Elementary School (421 Thalia Road, Virginia Beach, VA 23452) and go through Thalia neighborhood.

Race start time is at 9:00am. Registration packet pick up is available in advance on Feb. 16 at Running ETC (1940 Laskin Rd # 302, Virginia Beach, VA 23454) from 4:30pm-6:30pm. Same day registration packet pick up is also available.

Medals will be awarded to the Top Male and Female runners overall as well as the top three for each of the following age brackets:

12 & Under 13-18 19-29 30-39 40-49 50 & Above

Please visit our event website for race details, ways to dedicate the walk to loved ones, prize information, and updates:

<http://chkdloverun.jimdo.com/>

If you have any questions contact:

Sam Bonde

Samantha.bonde@gmail.com

Ben Werve

Benwerve@gmail.com

Sabrina Shumate

Sabrina.shumate@vbschools.com

Thank you and see you at the race, RAIN, SNOW or SHINE, on Saturday February 17, 2018!

****Volunteer Information:**

Registration: 7:30-9:00

Traffic Control (ADULTS): 8:30-11:00

Water Stations: 8:30-11:00

If you are part of a large organization that would like to volunteer/host a water station, please contact Sabrina Shumate.

Return registration form and payment to:
Frank W. Cox High School

ATTN: Sabrina Shumate

2425 Shorehaven Drive, VA Beach, VA, 23454

14th Annual 5K Love Run/Walk

Pre-Registration Form Due: 02/09/18

Registration Information

We must have a separate registration form for each participant! Please print neatly.

Last Name: _____ First Name: _____

Phone Number: _____ Gender: M F Age: (on race day) _____

Email: _____

Check below:

RUNNER/WALKER 12 & under FUN RUN VOLUNTEER

****Volunteers ONLY:** Choose a job(s) to which you are willing to commit (see left)

Preference 1: _____

Preference 2: _____

Please send registration fee with this form. Cash or Checks accepted. Make Checks payable to CHS. Please note shirts will only be given to participants/volunteers who submit a registration fee.

Circle the following for your t-shirt size (please circle all that apply):

Size: S M L XL XXL Type: Adult size or Youth size

Length: Short sleeve _____ or Long Sleeve _____

Note: there is no price difference if you would like a long sleeve shirt

Waiver: (MUST BE SIGNED!!!)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate 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 and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including extreme ice and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release Princess Anne High School, Frank W. Cox High School and Tidewater Striders and all affiliated representatives, officials, and sponsors from all claims of liability of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, and/or any other record of this event for any legitimate purpose.

Signature: _____

(Custodial parent or guardian if under the age of 18)

FOLLOW US on Twitter

@VBLoveRun