

Making a Difference body♦mind♦spirit 2-mile & 5-mile run/walk

Inaugural event sponsored by Our Lady of Mount Carmel School



Packet Pick-Up
Location Change

The Runners Source
New Port Warwick Location
2140 William Styron Square
Newport News, VA
www.therunnerssource.com

Thursday November 12th
and Friday November 13th
9:30am - 6:30pm

Time: 7:00 am **Registration / Race Day Packet Pickup**
8:30 am **5-mile Run Start**
8:40 am **2-mile Run/Walk Start**
Post-Race Party / Awards / Raffle

Technical
Race Shirts

Raffle

Receive 1 raffle ticket with registration. Purchase additional tickets for \$1 each.

Free Entry - Rock 'n' Roll Half Marathon - VA Beach 2010

Free Entry - Shamrock 8K, Half Marathon or Marathon - VA Beach 2010
Mizuno Shoes, Timex Watches, Spa Treatments, Hot Yoga Classes and more...

Location: Mariners' Museum Main Entrance

(I-64 exit 258-A. Continue straight 2.5 miles.
Cross Warwick Blvd. and take first left onto Museum Dr.)

Course: 2-mile and 5-mile options traverse the scenic areas of the
Mariners' Museum Parkway, the majestic Lion's Bridge
at the James River and the beautiful Riverside neighborhood

Awards: 2-Mile Walk: Top 5 Male / Female
2-Mile Run: Top 5 Male / Female
5-Mile Run: Male / Female Top 3 Overall & Age Groups:
U10,11-14,15-19,20-29,30-39,40-49,50-59,60-69,70+



ELLIOTT & DUGGANS
TROPHIES



JonBre' European Spa



Our Lady of Mount Carmel School (OLMC) unites with family and community to provide a Christ-centered and educationally stimulating environment, where students recognize their God-given gifts and achieve their highest potential. OLMC was founded in 1954 under the direction of the Dominican Sisters of Nashville, Tennessee. From our humble beginnings as a three classroom school, OLMC has flourished to serving over 500 students from pre-kindergarten through the eighth grade.

All event proceeds benefit the students of Our Lady of Mount Carmel School to promote health and well-being...body, mind and spirit.

Race Director / Volunteer Coordinator
please contact Pam Garrett
757-285-6645
snoopypamg@yahoo.com

**Finish line results and
race support provided by the
Peninsula Track Club**



active.com
Your Guide to an Active Planet.

Gender: M F T-shirts and goodie bags guaranteed to pre-registrants. Race day, while supplies last.

I know that running or walking in a road race is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads - all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge Our Lady of Mount Carmel School, The Mariner's Museum, the City of Newport News, the Peninsula Track Club, the Road Runners Club of America, Race Officials, Volunteers, and any and all sponsors- including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant full permission to Our Lady of Mount Carmel School and its agents authorized by them to use my photographs, videotapes, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature of Parent/Guardian if under 18