4th Annual

Making a Difference

Mind, Body, Spirit

8K & 3K Run / Walk

Saturday
Nov 10th, 2012

Mariners' Museum
Newport News

Race Location
Mariners' Museum Main Entrance
100 Museum Drive, Newport News, VA, 23606

Race Course
8K and 3K paved road course, traverse the scenic areas of the Mariners' Museum Parkway, the majestic Lion's Bridge at the James River and the beautiful Riverside neighborhood.

USATF-Certified 8K and 3K courses.

Team Entry
Submit 10 or more registrations together by mail.
$5 entry fee discount for 15 & over category.
Team members can mix 8K & 3K distance.

Awards
Custom award medals for both events.

8K Event - Male/Female
Top 3 Overall, Top 3 Masters, Age Groups
U10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.

3K Event - Male/Female
Top 5 Overall 14 & Under, 15 & Over

Everyone Invited
Runners, walkers, adults & children,
all ages & abilities welcome in both events.

Race Day Schedule

7:00 am	Registration & Packet Pick-up
8:30 am	8K & 3K Race Start
9:00 am	Post-Race Party
9:45 am	Raffle Prizes & Awards

Race Shirt and Goody Bag
Technical shirt and reusable goody bag.
Guaranteed with early entry only,
regular entry and race day while supplies last.

Choose Your Prize Raffle
Gift Certificates and Merchandise.
Open to participants, volunteers, and spectators.
Receive one raffle ticket with race registration.
Purchase additional tickets for $1 each.

Early Packet Pick-Up
Our Lady of Mount Carmel School
52 Harpersville Rd, Newport News, VA, 23601
Friday, November 9th, 2012, 4:00 pm - 6:30 pm

Event Proceeds
Event proceeds benefit the students of Our Lady of Mount Carmel School (OLMC) to promote health and well-being...mind, body and spirit. 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's fully-accredited academic program includes language arts, science, social studies, mathematics and religion with weekly enrichment in art, music, computer, foreign languages, physical education, library and community service for Pre-K through 8th grade students. OLMC's athletic program offers competition in various team sports, as a member of the Peninsula Independent Athletic League.

More Information
Website: www.RunOLMC.com
Email: info@RunOLMC.com

Pam Garrett / 757-285-6645
Race Director & Volunteer Coordinator

Michele Smith / 757-596-2754 x221
Sponsorship & Donations

Register online at www.RunOLMC.com

First Name

Last Name

Address Apt / Unit #

City State Zip

Email Address

Phone Number M F Age on Race Day

Team Name (required for team entry only)

Technical Shirt Size (circle one)

Youth	M	L	XL		
Unisex	S	M	L	XL	XXL

Event (circle one)

8K **3K**

Checks payable to "OLMC School". Mail entry & payment to:
OLMC School, 52 Harpersville Road Newport News, VA 23601

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

Fees (per person)

	Early Entry	Regular Entry
Individual or Team 14 & under	$14	$19
Individual 15 & over	$24	$29
Team 15 & over	$19	$24

Early Entry (thru 10/20/12)
Regular Entry (10/21/12 - race day)
PTC Race Passes accepted with early entry

Acknowledgment and assumption of risk and waiver of liability (must be signed):

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 Mariners' 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 Athlete Date
(parent/guardian if participant under 18 years)

Entry fees are non-refundable & non-transferable.
Event held rain or shine. Race officials reserve the right to cancel the event due to severe weather.