

PLEASE READ THE ENTIRE FORM – IT CONTAINS IMPORTANT INFORMATION ABOUT THE EVENT. COPIES OF THE FORM ARE ALSO AVAILABLE AT www.ourladvofthelakescc.org

ST. J'S 5K

Naples, NY

Saturday, April 30, 2011

5th Annual Run or Walk 8:30 a.m.

AND

2nd Annual Kids Fun Run at

4:00pm on Friday, April 29

This year the event benefits Naples School Association (NSA).

Join us for our 5th Annual event. Previous participants agree Mt. Misery offers a tough 5K course challenge. The course will take you in a figure 8 through the village of Naples, which will allow your friends and family to see you at the start, during, and at end of the 5K. We are also holding a free **Fun Run/Walk 1K** on Friday, April 29 at 4:00pm for kids from Kindergarten through 3rd grade. Come and pick up your packet and have the kids participate in the fun run. All Fun Run participants will receive a finisher's award. Free registration for the Fun Run 1K with parent waiver required begins at 3:30pm.

St. Januarius Roman Catholic Community is hosting the events. The 1K and 5K finish and registration are at St. Januarius Church Hall, 180 North Main St., Naples. The start for the 5K is 1/10 of a mile away. Early packet pick up will be available on Friday, April 29 from 4:00pm until 7:00pm. You may also register on the morning of the race; however **day of race registration will end at 8:00am.** Race starts at 8:30a.m. There are incentives for early and group registration; please take advantage of them. Special prizes and lots of age group awards. Shirts guaranteed for all participants whose registration is received by April 20. Additional shirts will be printed but not guaranteed for late registrations. The St. J's 5K results are being tabulated by PCR Timing. Your timing chip is on your number so there will be no chip to return. Results will be posted soon after the race is completed. Results will also be posted on the PCR Timing website along with previous year's times (www.pcrtiming.com).

The following award categories will be presented starting at 9:45a.m.:

- Special Naples Elementary vs. Naples Jr./Sr. High Trophy based on greatest participation.
- 1st Place Male Award + \$100 if set a new course record (current record Chad Johnson, Rochester Hills, Michigan, 15:09)
- 1st Place Female Award + \$100 if set a new course record (current record Melissa White, Rochester Hills, Michigan 17:13)
- 1st Place Firefighter or EMS personnel (male or female)
- 1st Place Law Enforcement (male or female)
- 1st Place Active/Reservist Military (male or female)
- 1st place Naples Teacher (male or female)
- 1^{st/2nd/3rd} place in the following age groups male *and* female:

9 and under, 10 -12, 13-15, 16 -18, 19 -29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+ (No duplication of awards).

Unique awards including print by Naples Artist Darryl Abraham

Entry fee as follows: **All entries through April 20 – SHIRT GUARANTEED**

All entries received by January 31 - \$12 – Great way to make a New Year's Resolution!

After January 31

- Naples School Teachers and Staff - \$14
- Active law enforcement - \$14
- Active firefighter or EMS - \$14
- Active Military/Reservist - \$14
- Any group registrations of two or more received together - \$14 each (sign up with a friend and save)
- All other single entry - \$15

April 20 through April 29 (including April 29 - 4:00pm – 7:00pm at St. Januarius Hall – Early Packet pick up date) - \$18 for all entries

Day of Race

- \$20 for all entries – **registration closes at 8:00a.m. sharp. No alibis.**

*** New this year – Mike Fowler is the official photographer of the St. J's 5K. Photos will be available through <http://mikefowler.smugmug.com/>

Course Description: <http://www.usatf.org/routes/view.asp?rID=256626>

For the 1st time 5K participant, walker or jogger, this is a fun course that will challenge and motivate you. The seasoned and more serious runners will find this course to be a true test of their 5K fitness. This course contains a short but steep hill at the start, a gradual hill in the middle and a steep and longer hill (Mt. Misery) near the finish. All participants are encouraged to know the course and be physically prepared for a challenge.

ONE ENTRY FORM PER ENTRY

Name: _____ (print clearly)

Address: _____ City _____ zip code _____

Phone: () _____ - _____ E-mail _____

Age on day of race (April 30, 2011) _____ Sex: Male or Female (circle one)

If you qualify also enter in **ONE** of the four categories below:

Firefighter/EMS – Yes or No – If yes – Department _____

Law Enforcement – Yes or No – If yes – Agency _____

(** New) Naples Teacher – Yes or No – Grade: _____

(**New) Active Military/Reservist – If yes – Branch _____

I want my entry to count toward the Naples: (Circle one) Elementary or Jr./Sr. High School

Adult Shirt size – circle one – Small – Medium – Large – Extra Large – XX Large

Refer to entry fee schedule on front (page #1) and ***send check payable to St. J's 5K*** to: St. J's 5K, 180 North Main St., Naples, New York 14512. ***One registration form per person required.*** Participant **waiver must be signed by participant AND parent if the participant is under 18 years of age.** This is a rain or shine event. Entry fee is non-refundable.

WAIVER: I know that running, jogging or walking in the St. J's 5K or any road race is a potentially hazardous activity. As described in the course description the St. J's 5K course has two steep and one gradual up hill and a down hill finish. Therefore: I should not enter unless I am medically able and properly trained. I assume all risks associated with the St. J's 5K including but not limited to contact with other participants, falls, health risks, foul weather, traffic and road conditions, animals, all such risks being accepted by me. I, for myself and anyone entitled to act on my behalf, waive and release the Village of Naples, any all sponsors, St. Januarius Church, Our Lady of the Lakes Catholic Community, Diocese of Rochester, race organizers, law enforcement, emergency medical personnel, volunteers, from all claims and liabilities of any kind arising from the St. J's 5K.

Signature _____

Under 18 Parent/Guardian signature required:

Parent/Guardian _____