

ST. J'S 5K

Naples, NY

Saturday, April 25, 2009

3rd Annual Run or Walk – 8:30 a.m.

Benefits: Naples Sports Boosters

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

Join us for our 3rd Annual event. Last year we hosted over 400 participants. This year's event will benefit the children of the community through the Naples Sports Boosters. Come and challenge yourself again or come and see what all the talk is about, as you climb "Mt. Misery." Previous participants agree Mt. Misery offers a tough 5K course challenge. If you are looking for a fun and challenging course that will test your early season fitness, this is the 5K for you! 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. After the 5K stay in Naples and enjoy our local shops, restaurants and wineries.

St. Januarius Roman Catholic Community is hosting this event. Last year the event raised \$3500 for Naples Community Park. The 5K finish and registration is at St. Januarius Church Hall, 180 North Main St., Naples. The start is 1/10 of a mile away. Early packet pick up will be available on Friday, April 24 from 5:00pm until 8:00pm. 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 15. 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 last year's times (www.pcrtiming.com). **The following award categories will be presented:**

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 Russell Derick, Bath, NY, 17:55)

1st Place Female Award + \$100 if set a new course record (current record Rebecca Duberry, Rochester, 19:43)

1st Place Firefighter or EMS personnel (male or female)

1st Place Law Enforcement (male or female)

1st/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 before April 15 – 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
- Any group registrations of two or more received together - \$14 each (sign up with a friend and save)
- All other single entry - \$15

After April 16 through April 24 (including April 24 - 5:00pm – 8:00pm 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 exceptions.**

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.

Naples Running and Walking Group (NRG):

St. J's hosts a weekly walking/jogging and running club that meets every Saturday (except holidays) at 9:30a.m. This is the perfect place to work on your fitness and get to know the 5K course. The group is very social and participants are encouraged to workout with others who are at their own fitness level. We have 1st time walkers/joggers and seasoned athletes that participate every week. To learn more about the NRG, or to get additional copies of the registration form (Word), e-mail at stj5k@frontiernet.net or leave a message at 585-703-8652.

----- Cut here ----- **One form per entry required** ----- Cut here ----- Cut here -----

-----**5K REGISTRATION FORM – PLEASE READ THE ENTIRE FORM**-----

Name: _____ (print clearly)

Address: _____ City _____ zip code _____

Phone: () _____ - _____ E-mail _____

Age on day of race (April 25, 2009) _____ Sex: Male or Female (circle one)

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

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

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

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

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: _____