

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

ST. J'S 5K

Naples, NY

Saturday, April 24, 2010

4th Annual Run or Walk 8:30 a.m.

1st Annual Fun Run at 4:00pm on

Friday, April 23 at St. J's

Join us for our 4th Annual event. Last year we hosted over 450 participants. Come and challenge yourself again or come and see what all the talk is about, as you experience **"Mt. Misery's Mirage."** 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. ****** NEW ****** This year we are also holding a free **Fun Run/Walk 1K** on Friday, April 23 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 and begins at 3:30pm.

St. Januarius Roman Catholic Community is hosting these 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 23 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 14. 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/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 14 – 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
- Any group registrations of two or more received together - \$14 each (sign up with a friend and save)
- All other single entry - \$15

April 14 through April 23 (including April 23 - 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.**

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 24, 2010) _____ 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 uphill and a downhill 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:
