



# The 4th Annual Kiwanis Chester 5K

## 5K & 1 Mile Run/Walk

### & Chester Community Health Expo

#### Saturday, May 7<sup>th</sup> - 8am



Proudly Presented by the Kiwanis Club of Chester and Bon Secours Health System

**Date and Time:** Saturday, May 7<sup>th</sup>, 2016; 1 Mile Run/Walk 8:00am; 5K Run/Walk 8:30am

**Location:** Start/Finish is Chester Library/Village Green. 11800 Centre St, Chester, Va 23831. Parking will be a designated areas in the Village Green.

**1 Mile Run/Walk:** All ages can participate in this fun event. It will take place immediately before the 5K. All participants will receive race t-shirt, sponsor giveaways and all children will receive a participation ribbon.

**5K Run/Walk:** Whether you are a competitive or recreational runner or enjoy walking, this course is perfect for you! Course is comprised of road and some hills. 500 participant cap. All participants will receive 5K t-shirt, race number and sponsor giveaways.

**Entry Fees and Registration:**

	5K	1 Mile
Feb 1 <sup>st</sup> – April 15 <sup>th</sup>	\$20	\$10
April 16 <sup>th</sup> – race day	\$25	\$15

\*\*On-line registration is also available on Raceit.com. Go to [www.raceit.com](http://www.raceit.com) and type Chester 5K in the Event Search window. Online registration closes Thursday, May 5<sup>th</sup> at 11:59pm. Registration after that date/time is on Race Day. Registration forms can be downloaded from [www.chesterkiwanis.org](http://www.chesterkiwanis.org)\*\*

T-shirts are ordered Apr 22<sup>nd</sup>. There is no t-shirt guarantee if you register after Apr 22<sup>nd</sup>. Race Day Registration is available from 7-7:45 am ONLY.

**\*Make check payable to Kiwanis Club of Chester\***

**Mail Registration Form:** Send signed registration form and check to Race Director: Noelle Grosso, 4704 Twin Cedars Rd, Chester, VA 23831 – Please mail before May 2<sup>nd</sup>.

**Walkers Welcome**

We welcome and encourage walkers to come out to exercise and enjoy this event!

**Awards:**

**5K:** Trophies will be awarded to the top 3 male and female overall finishers and the top male and female Masters (40 & over), Medals will be awarded to the top 3 male and female finishers in each age group. **\*\*Lucky Foot gift certificates will also be awarded to overall and age group finishers!\*\***  
Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

**Packet Pick-up:** Packet pick-up is Race Day, May 7<sup>th</sup> From 7 – 7:45am (through 8am for 5K) at designated registration table on site. Remember, race day registration closes at 7:45am.

For more race information visit [www.chesterkiwanis.org](http://www.chesterkiwanis.org) or contact Noelle M. Grosso at 804-706-1038

**ENTRY FORM**

**Full name of participant:** (please write legibly) \_\_\_\_\_

**Complete Mailing Address:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Email address:** \_\_\_\_\_

\_\_\_\_\_ **5K or** \_\_\_\_\_ **1 Mile Run** (check one)      **Male / Female** (circle one)      **Age on Race Day:** \_\_\_\_\_

**Circle T-shirt Size:** **5K:** S M L XL XXL Youth S (6-8) Youth M(10-12) Youth L(14-16)

**1 Mile:** S M L XL XXL Youth S (6-8) Youth M(10-12) Youth L(14-16)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and humidity, traffic, and the conditions of the roads, all such risks being known and appreciated by me. If signing as a parent or legal guardian, I further state that my child is in proper physical condition to participate in this event. Having read this waiver, and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, hereby waive and release the Kiwanis Club of Chester, Running Kids, the race coordinators, all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. I also grant permission to the coordinators for use of any photographs of this event.

**SIGNATURE:** (Parent/Guardian if minor under the age of 18)

**DATE:** \_\_\_\_\_