



Cerebral Palsy of Virginia

**17th
Annual
5K Run
and 1 Mile
Walk-A-Thon**

**Register Before
March 10th & Save!**

**Set up your own Fund-Raising
website by visiting www.cerebralpalsyofvirginia.org**

**Saturday, March 27, 2010
Mt. Trashmore - Virginia Beach**



Registration:	6:30 AM
5K Run/Walk:	8:30 AM
1 Mile Fun Walk:	9:30 AM
Awards:	10:00 AM



Special Thanks to the follo

17th Annual 5K Run and 1 Mile Walk-A-Thon

Grand Prize Sponsor



Media Sponsor



Route Sponsor



Goodie Bag Sponsor



Brochure Sponsor

E.G. Middleton

There are two (2) ways to participate:

1 You may participate as a Single Participant by completing the information form below and returning it to CP of VA with your \$30 entry fee before March 10, 2010 and \$35 thereafter.

CP of VA - 5825 Arrowhead Drive, Suite 201 - Virginia Beach, VA 23462

2 You may participate as a Fund-Raising Participant by asking your family, friends and neighbors to sponsor you a set amount. Fund-Raising Participants are eligible for prizes and awards in 4 age categories. **In addition to the Registration Form below, please complete the form to the right to participate as a Fund-Raising Participant. Event held Rain or Shine.**

Participant Registration

Participant Name: _____

Address: _____

City, State & Zip _____

Phone #: _____ Birthdate: _____ Age Day of Race: _____

E-Mail: _____

If you are assisting someone in a wheelchair only one person needs to be registered.

I am unable to participate but wish to make a donation to CP of VA in the amount of \$ _____

The official 2010 5K Run and Walk-A-Thon T-Shirt is guaranteed for the first 300 registered.

My T-Shirt size is: Youth Small Youth Med. Youth Large Adult Med. Adult Large Adult XL

_____ 5K Run (Chip Timed) _____ 5K Walk (Chip Timed) _____ 1 Mile Fun Walk/Run

Personal Chip ID# _____ Male _____ Female

Save time by registering online at www.kalerrunning.com or www.active.com

or

Register the day of the event, Saturday, March 27, 2010.

For more information call 757-497-7474

Waiver & Release: By participating in the Cerebral Palsy of Virginia 5K Run & Walk-A-Thon, I hereby for myself and anyone entitled to act on my behalf release Cerebral Palsy of Virginia, Kale Running, City of Virginia Beach, Mt. Trashmore and all sponsors, representatives and successors from all claims and/or liabilities of any kind arising out of my participation in this event. I understand this race is not intended for strollers, baby joggers or dogs. I give Cerebral Palsy permission to use any photos, videos or recordings of this event for any legitimate purpose, to include Cerebral Palsy's Annual Report, Annual Video and newsletter. Children under 18 must have a parent's signature.

Signature: _____

Date: _____

Following Sponsors of the 17th Annual 5K Run & Walk-A-

Corporate Sponsors

Timing provided by



Bobby the Clown & Party Animals



Sponsor Information

Set up your own Fund-Raising website by visiting www.cerebralpalsyofvirginia.org

Sponsor Name	Address, City, State & Zip	Phone	Amount
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
Total			

You may register by mailing your form to CP of VA - 5825 Arrowhead Drive, Suite 201 - Virginia Beach, VA 23462
 Online at www.kalerunning.com or www.active.com or the day of the event, Saturday, March 27, 2010.
 For more information call 757-497-7474

The Cerebral Palsy Annual 5K Run & 1 Mile Fun Walk

is celebrating its 17th year! Over 350 individuals participated in the 2009 event raising over \$33,000 net income for children and adults with cerebral palsy and other developmental disabilities such as Down syndrome, autism, mental retardation, muscular dystrophy, as well as those with hearing, speech and visual impairments. All funds raised support Cerebral Palsy programs and services. For more information please visit www.cerebralpalsyofvirginia.org.

All participants will enjoy complimentary coffee, bagels, doughnuts and fruit before the event and hotdogs, hamburgers, chips and drinks after the event. We thank the following businesses for their contributions.



Enjoy entertainment by Bobby the Clown's Party Animals and WOW Entertainment. Also a special appearance from

Brochure design by Lee Troxell — www.leetroxell.com

Awards

Awards will be given to the top 3 male and female overall finishers and the top 3 male and female finishers in each age group.

5K Age Groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 and 55 & older

5K Walker Awards will be given to the top 3 overall.

Everyone who finishes the 1 Mile Fun Run/Walk will receive a special recognition award.

Fund-Raising Awards

The following will be awarded to the individual who raises the most funds:

1st Place - Two AirTran Airways tickets to anywhere in the continental US

2nd Place - \$200 gift card

3rd Place - \$100 gift card

4th Place - \$50 gift card

The individual raising the most funds overall will win the grand prize.

Cerebral Palsy of Virginia
5825 Arrowhead Drive, Suite 201
Virginia Beach, VA 23462



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