

Family event open to all!

Highlights

- ★ Entertainment and post race food provided
- ★ Course in the scenic Sandbridge community
- ★ 5K Technical shirt and 1M cotton shirt (guarantee to all registrations made prior to April 20, 2015)

Location

All events will start and end at Sandbridge Island Restaurant 205 Sandbridge Rd., Virginia Beach.

Awards

- ★ Trophies to overall top 3 male and female
- ★ Medals to the top three finishers in each age group
- ★ Ribbon for all 1M/50 yard dash finishers who are 14 years old or younger

Schedule of Events

Friday May 15, 2015

- 3:00 - 7:00pm: Packet pick-up and Expo at SJA
- 5:00-7:00pm: Spaghetti Dinner

Saturday May 16, 2015

- 7:30-8:15 am: Registration and packet pick-up
- 8:30: Stingray 1 Mile Start
- 8:50: Stingray 50 yard dash
- 9:00: Stingray 5k Start
- 10:00: Award ceremony
- 10:30: End of activities



Thank you to our wonderful sponsors!!!

TREMCO



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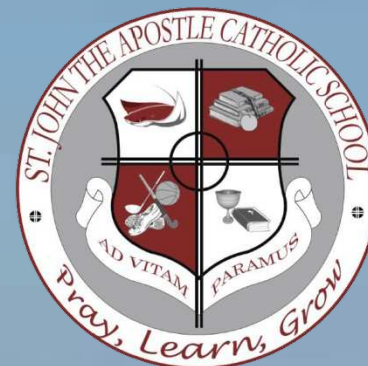
Veterans United.
Home Loans of Hampton Roads

Aaron Giarrana
Branch Manager, NMLS 266225
(757) 340-0013



This run will be using chip timing provided by J&A racing.

St. John the Apostle Stingray Run



5K, 1 mile, 50 yard dash

www.sjvb.org/stingrayrun

Saturday, May 16, 2015
Sandbridge, Virginia



Fill out one race application per participant – Please PRINT clearly
Please return application with a check payable to: St. John the Apostle Catholic School
1968 B Sandbridge Road, Virginia Beach, VA 23456

Last Name _____ First Name _____

Address _____

City, State & Zip _____

Phone _____ Email _____

Select your event(s): 50 yd Dash 1 Mile 5K Spaghetti Dinner (May 15) # _____ \$ _____
(You can register more than one person for dinner)

T-Shirt size (circle one): S M L XL or Youth S (6/8) YM (10/12) YL (14/16) No T-Shirt

Gender: Male _____ Female _____ Age on race day: _____ Date of birth _____

Amount Enclosed: Entry Fee \$ _____; Dinner _____; Donation _____ = Total amount enclosed \$ _____

I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the J&A racing, St. John the Apostle Catholic School, the City of Virginia Beach, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. Any race shirts not picked up by the start of the 5K will become property of SJA Catholic School.

Signature _____ Date _____ (Parent's Signature if under 18) _____

No Refunds, Exchanges, or Transfers. Race Held Rain or Shine.

Registration Fees

5K - Adult: \$30 through April 20 -- \$35 from April 21 to Race day

1M - Adult: \$20 through April 20 -- \$25 from April 21 to Race day

K-12 Student -- 5k or 1M: \$15 through April 20 -- \$20.00 from April 21 to Race day

Special Rate for Family of Four through April 20 - \$75 for any combination of races

50 yard dash: \$10 -- **Spaghetti dinner:** \$5

Race shirts guaranteed for all races if registered by April 20h

Information: stingrayrun@sjavb.org

For Internal use only:

AMOUNT: _____

CHECK # _____

CASH: _____

MAIL IN: _____ DROP

OFF _____

ONLINE: _____ DAY OF:

_____ SJA STUDENT: _____