

**I NEED A LIGHTHOUSE, Inc.**  
presents

**Beacon of Hope  
5K Run/Walk,  
1 Mile Memory Walk  
& Family Festival**

**Sunday, May 22, 2011  
24th St Park  
Virginia Beach Boardwalk**



Sponsored by:



**Sponsors**  
Abbey Road Pub & Restaurant  
Accents Embroidery & Screen Printing  
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Charles Barker  
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Papco  
RRCA  
Tidewater Striders

A Teen Depression and Suicide Education & Awareness Program DEPRESSION IS TREATABLE — SUICIDE IS NOT													
<p><b>5K Run/Walk Registration</b> Packet Pick-Up: Race Day 7:30 – 8:45am</p> <p><b>1 Mile Memory Walk Registration</b> Packet Pick-Up: Race Day 7:30 – 8:45am</p> <p><b>5K Run/Walk:</b> Start Time 9:00am <b>1 Mile Memory Walk:</b> Start Time 9:15am</p> <p style="text-align: center;"><b>Walk in Memory of a Loved One</b></p> <p style="text-align: center;"><b>Bring your family – after the race we will have entertainment, food, and fun activities for the kids!</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Early Registration (Until May 17<sup>th</sup>)</th> <th style="text-align: center;">Late Registration (May 18-22)</th> </tr> </thead> <tbody> <tr> <td>Individual (5k Run/Walk)</td> <td style="text-align: center;">\$25.00</td> <td style="text-align: center;">\$30.00</td> </tr> <tr> <td>Student (5k Run/Walk)</td> <td style="text-align: center;">\$20.00</td> <td style="text-align: center;">\$25.00</td> </tr> <tr> <td>1 Mile Memory Walk</td> <td style="text-align: center;">\$20.00</td> <td style="text-align: center;">\$25.00</td> </tr> </tbody> </table>		Early Registration (Until May 17 <sup>th</sup> )	Late Registration (May 18-22)	Individual (5k Run/Walk)	\$25.00	\$30.00	Student (5k Run/Walk)	\$20.00	\$25.00	1 Mile Memory Walk	\$20.00	\$25.00	<p><b>Early Packet Pick-up</b> Final Kick Sports 2865 Great Neck Road at Marina Shores Shops Virginia Beach, VA 23451 Friday, May 20, 2011 Time 4:30 – 6:30pm</p> <p><b>Registration also available online</b> <a href="http://www.ineedalighthouse.org">www.ineedalighthouse.org</a></p> <p><b>Race Director</b> <b>Kate Cardone:</b> Phone: 571-251-1331 Email: <a href="mailto:kcardone@ineedalighthouse.org">kcardone@ineedalighthouse.org</a></p> <p>• <b>Tech Shirts guaranteed to first 100 registrants •</b> <b>Cotton t-shirts for all racers after first 100 registrants</b></p> <p>There will no refunds for a missed race or if the race is cancelled due to inclement weather.</p> <p><b>Donations Appreciated</b></p> <p style="text-align: center;"><b>All Funds support INAL programs serving the Hampton Roads community</b></p>
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**A 2011 Tidewater Striders Walking Grand Prix Race**

**To help benefit the Food Bank of Southeastern Virginia please bring canned food to donate.**

**RACE REGISTRATION (Detach and Mail) or register on-line at [www.ineedalighthouse.org](http://www.ineedalighthouse.org)**

NAME: \_\_\_\_\_  
Last M.I. First

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ E-MAIL : \_\_\_\_\_

SEX (Circle One): M F      AGE ON RACE DAY: \_\_\_\_\_      RACE (Circle One): 5K run    5K walk    1 mile memory walk

T-Shirt Size (Circle One):    S      M      L      XL      (t-shirt size based on availability)

TEAM NAME (if applicable): \_\_\_\_\_ TEAM CAPTAIN: \_\_\_\_\_

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 the weather, including high heat and humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release I Need a Lighthouse, Inc., Tidewater Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. In addition, in consideration of the safety of all participants, I understand that NO pets, bikes, baby strollers, baby joggers, headphones, skateboards, or skates will be allowed for the event. I understand that photographs or videos of me may be taken during the events, that my likeness may appear in news coverage, publications, and/or other publicity regarding the Beacon of Hope 5K, that no compensation will be made by the sponsors, and I give my consent to these conditions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Note: Parent/Guardian MUST sign if runner is under 18 years of age)

**Please make check or money order payable to: I Need A Lighthouse, Inc.**  
**Mail to: I Need A Lighthouse, Inc., 2600 Barrett Street, Virginia Beach, VA 23452**  
**\*To qualify for the early registration fee, payment must be postmarked by **May 18, 2009.**\***

**Beacon of Hope Memory Wall: In Memory of a loved one, you may bring a conv (no originals please) of their pictures for the race/walk**