

I NEED A LIGHTHOUSE, Inc.
presents

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



**Sunday, May 20, 2012
24th St Park
Virginia Beach Boardwalk**

A Teen Depression and Suicide Education & Awareness Program DEPRESSION IS TREATABLE — SUICIDE IS NOT														
<p>5K Run/Walk Registration Packet Pick-Up: Race Day 7:30 – 8:45am</p> <p>1 Mile Memory Walk Registration Packet Pick-Up: Race Day 7:30 – 8:45am</p> <p>5K Run/Walk: Start Time 9:00am 1 Mile Memory Walk: Start Time 9:15am</p> <p>Walk in Memory of a Loved One</p> <p>Registration also available online www.ineedalighthouse.org</p> <table border="0"> <thead> <tr> <th></th> <th>Early Registration (Until May 16th)</th> <th>Late Registration (May 17-20)</th> </tr> </thead> <tbody> <tr> <td>Individual (5k Run/Walk)</td> <td>\$25.00</td> <td>\$30.00</td> </tr> <tr> <td>Student/Military (5k Run/Walk)</td> <td>\$20.00</td> <td>\$25.00</td> </tr> <tr> <td>1 Mile Memory Walk</td> <td>\$20.00</td> <td>\$25.00</td> </tr> </tbody> </table>				Early Registration (Until May 16 th)	Late Registration (May 17-20)	Individual (5k Run/Walk)	\$25.00	\$30.00	Student/Military (5k Run/Walk)	\$20.00	\$25.00	1 Mile Memory Walk	\$20.00	\$25.00
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<p>Early Packet Pick-up Final Kick Sports 2865 Great Neck Road at Marina Shores Shops Virginia Beach, VA 23451 Friday, May 18, 2012 Time 4:30 – 6:30pm</p> <p>Bring your family – after the race we will have entertainment, food, and fun activities for the kids!</p> <p>Race Director: Kate Cardone Phone: 571-251-1331 Email: kcardone@ineedalighthouse.org</p> <p>• Tech Shirts guaranteed to all who register before May 6, 2012 •</p> <p>There will no refunds for a missed race or if the race is cancelled due to inclement weather.</p> <p>Donations Appreciated All Funds support INAL programs serving the Hampton Roads community</p>														

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

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., J&A Racing, Inc., 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 16, 2012.