



I Need A Lighthouse

presents

8th Annual Beacon of Hope 5K

1 Mile Memory Walk & Kids' Nautical Mile
 Sunday, May 17th 2015 24th Street Park, Virginia Beach

Schedule of Events

- 7:30 am-8:45 am Registration**
 24th Street Park
- 8:00 am Sand Castle Competition**
 Join us for some fun in the sand in this competition fit for all ages and skill levels.
- 9:00 am 5k Run & Walk**
 This race begins at 24th Street Park and follows the boardwalk along the oceanfront for a beautiful run that concludes again at 24th Street Park. Enjoyable for novice and experienced runners.
- 9:15 am 1 Mile Memory Walk**
 Those who have been personally touched by suicide and/or depression are invited to join us in a 1 mile Memory Walk. Participants are invited to bring a copy of a photo—no originals please—to post on the memory wall.
- 9:15 am-1:00 pm Family Fest**
 Admission \$5
- 10:15 am Kids' Nautical Mile**

Registration Fees

- Early Registration**
 Through April 30th, 2015
- | | |
|--------------------|------------------------------|
| 5k | \$30 |
| | \$25 Military/Student/Senior |
| 1 Mile Memory Walk | \$25 |
| Kids Nautical Mile | \$10 |
- May 1st-14th, 2015**
- | | |
|--------------------|------------------------------|
| 5k | \$35 |
| | \$30 Military/Student/Senior |
| 1 Mile Memory Walk | \$30 |
| Kids Nautical Mile | \$15 |
- On Site Registration**
 May 17th, 2015
- | | |
|--------------------|------------------------------|
| 5k | \$35 |
| | \$30 Military/Student/Senior |
| 1 Mile Memory Walk | \$30 |
| Kids Nautical Mile | \$15 |

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone Number: _____

E-mail: _____

Gender (circle one): M / F Age on Race Day: _____

Race (circle one): 5k 1 Mile Memory Walk Kids' Nautical Mile

T-Shirt Size (circle one): S M L XL Child (based on availability)

Team Name (if applicable): _____

Team Captain: _____



REGISTRATION AVAILABLE ONLINE

Shirts only guaranteed for ADULTS who register BEFORE April 30th, 2015



Early Packet Pick-up Saturday, May 16th, 2015 1:00pm-4:30pm

Running, Etc.

Regency Hilltop Shopping Center

1940 Laskin Road #302

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 the 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 photos, motion pictures, recordings, or any other record for 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.

There will be no refunds for a missed race or if the race is cancelled due to inclement weather.

Signature: _____ Date: _____

Parent or guardian MUST sign if participant is under 18 years of age.

Please make a check or money order payable to: I Need A Lighthouse, Inc.

Mail to: 2600 Barrett Street, Virginia Beach, Virginia 23452

****To qualify for the registration pricing, payment must be postmarked by April 30th, 2015****

NAVIGATE YOUR STRENGTHS