

**The 1st Annual Kappa Delta 5K for Kids
And Pump Up Pasta Dinner**

Benefiting the Prevent Child Abuse in America Program

Saturday, February 21, 10:00 AM, Greenville, NC

An East Carolina Road Racing Event

Join us on February 21 at the Town Commons, for this new benefit event, presented by Kappa Delta Sorority. Kappa Delta extends our sympathy to the members of Sig Ep fraternity, who lost all their possessions in an early morning fire on January 30. If you are interested in helping them let us know and we will assist making sure donations reach them.

About the Cause: Prevent Child Abuse America was founded in 1972 and has been the leading advocate for preventing child abuse and neglect among our nation's children. They have 39 state chapters and sponsor prevention at the local and state level. Programs advocate abuse prevention legislation and adult and youth programming to educate and raise awareness. With help of concerned citizens like you we can strengthen families and communities nationwide

Course: The 5K is USATF certified with some hills. 5K starts on 1st and ends on Reade Street, the same loop as used for the Flat Out 5K. The event starts at 10:00 AM. Pavement is good enough to accommodate baby strollers and race chairs, all are welcome.

Pre Race Dinner: There will be a "Pump up Pasta Dinner" at the Kappa Delta house located on 1100 East 10th Street, on Friday, February 20th from 6-8pm. Come out with your family and friends. Tickets are \$7 at the door.

Organization, Timing and Scoring: by East Carolina Road Racing, and for the first time, with our new shoe chip system! Course maps, entry forms, results, and more info at www.ecrun.org

Registration: Opens at 8:30 AM at the Toyota Amphitheater. Registration is \$10 for race entry only. T-shirts are \$10 and must be ordered by February 10th. Admission to the Pasta Dinner is \$7. For \$20, you get admission to the Pasta dinner, race entry, and a t-shirt. Do not mail entries after Monday, February 16, just bring to race. You may also register on active.com up to February 19.

T-Shirts: If you would like to order one, please Contact Liz Stoup by February 10th so we can have your shirt available on race day.

Awards: For the top 3 Male + Female overall, the top 3 M + F in each age group, and the oldest M + F finisher.

Age Groups: 15 and Under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-99, and oldest M+F finishers.

Awards Ceremony: Enjoy great food and drink as soon as you finish, followed by Awards Ceremony starting shortly after the last finishers, at about 11:00 AM.

Questions: Email or call Liz Stoup at 717-448-3610, or eds0418@ecu.edu

Make checks payable to "Kappa Delta" and mail to 1100 East 10th Street, Greenville, NC 27858

=====**Entry Form and Waiver – Please read all before signing**=====

Name _____ Age on Feb 21 _____ Birth Date _____ Sex _____

Street _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Shirt Size _____ Event – 5K

Email Address _____ Extra donation _____

I will be participating on Foot ___ 3 wheel Race Chair ___ Hank crank bike ___

No animals (except Seeing Eye dogs), skates, skateboards, or bicycles (except course marshals) are allowed in the event in the interest of safety. Portable music players are discouraged in event for safety reasons. Baby strollers, race chairs, and hand crank bikes are welcome. Race chairs or hank crank bike participants should contact Race Director before race day.

I realize that running can be a hazardous activity, and that I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, ECRR, and all members of Kappa Delta , from responsibility for any damages suffered by me as result of my participation in this event. I give my permission for any photos which contain me to be used for promotional purposes. I attest that I believe I am healthy and fit enough to safely participate in the event on February 21, 2009, and that I will take full responsibility for my own safety before, after, and during the event.

Signed _____ Date _____

Parent or Guardian if under 18 _____ Date _____