

Chocolate Chase

5K Run/Walk

Presented by First United Methodist Church, Charlottesville, VA
to benefit human service and justice projects
Saturday, October 17, 2009

When START TIME 8:00 A.M. for Walkers and Runners | Saturday, October 17, 2008
Runner/walker check-in is 7:00-7:45 A.M. at east entry to First United Methodist Church at High St. and 2nd St. N.E., Charlottesville, VA.

The Course The Chocolate Chase is a measured, out and back course. The start line is on 2nd St. NE between Lee Park and the Library. (See course description on reverse side) The course will be open to vehicles, thus participants must be mindful of traffic. Race volunteers will assist with traffic control and provide water and time at miles 1 and 2. All children under 13 years of age **MUST** be accompanied by an adult on the race course.

Parking - Parking is available on the streets and at the public parking garages on Market and Water streets, both within 4 blocks of the race start/finish line.

Registration and Entry Fee

5K Run - \$20 now through October 4th. \$25 thereafter, including race day.

5K walk - \$15.

Make check payable to: Chocolate Chase – FUMC

Mail registration and payment to: Skip Mullaney, 1101 Locust Ave., Charlottesville, VA. 22901

Raceday registration - 7:00-7:45 A.M.

Prizes and Benefits

- 1 The first 300 registered runners/walkers will receive a moisture wicking, size-adjustable **Cap** with embroidered logo. All finishers will receive a **chocolate favor**.
- 2 Runners only: 30 age-group **awards** and awards to top two overall (male and female)
- 3 Grab bag **prizes** (All participants eligible)
- 4 Post-race **refreshments** for all participants.
- 5 **The Chocolate Festival** follows the race – 9:30 A.M. to 2 P.M. in Lee Park and inside First United Methodist Church. Replace those burned calories!!
- 6 As a participant **you are supporting services** for low-income and homeless persons in our community, in Appalachia, and internationally (See below)

All proceeds support service and justice projects of First United Methodist Church including:

- 1 Bread and Blessings (Soup kitchen for the hungry in Charlottesville/Albemarle)
- 2 IMPACT – Charlottesville/Albemarle ecumenical justice ministry.
- 3 Local, ecumenical projects: PACEM (Homeless shelter) and IMPACT (Justice issues)
- 4 Appalachian Service Project (Repairing homes in Appalachia)
- 5 “Loaves and Fishes” and Holy Comforter food pantries. (Both in Charlottesville)
- 6 International projects in Africa, Belize and Lithuania.
- 7 And more (See our website at www.cvillefirstunitedmethodist.org)

For more information on the 5K run/walk email skipruns@earthlink.net or call 434-295-5255

THE COURSE

The out and back course begins in downtown Charlottesville and makes its way through residential neighborhoods, following portions of the Charlottesville Ten-Miler course.

The start line is on 2nd Street NE between Lee Park and the public library. The course then goes north, following 2nd Street NE until it joins Northwood Ave. Crossing Park Street runners will follow Evergreen as it becomes Lexington Avenue and continue on Lexington turning right on Maple. After one-quarter mile on Maple runners will turn right on 7th St. NE and enter the First Presbyterian Church parking lot (Large lot behind the church) for a turnaround and then retrace the course, finishing on 2nd St. NE at its intersection with Jefferson Ave, which is about 150 feet from the start line where the race began.

The course has been “wheeled” so is an accurately measured five kilometers (5K). Mile markers and timers will be at miles one and two.

There will be volunteers to direct the runners, law enforcement personnel to direct traffic at the major intersections and two water stops along the course.

----- (TEAR HERE AND MAIL) -----

Chocolate Chase **5k – Entry Form**

Name _____ Age _____ Male ___ Female ___

Address (Street) _____ City _____

Zip Code _____ Home Phone (_____) _____ Email _____

I intend to participate in (check one): 5K Run _____ 5K Walk _____ Registration Fee \$ _____

5K Run - \$20 now through October 4; \$25 thereafter, including race day.

5K walk - \$15

Make check payable to: Chocolate Chase – FUMC.

(Optional) I am making an additional contribution to the service and justice projects listed. \$ _____

Make check to “Chocolate Chase-FUMC” Total \$ _____

Mail to: Skip Mullaney, 1101 Locust Ave, Charlottesville, VA 22901

Emergency Contact (Name) _____ Phone _____

Liability Waiver Must Be Signed

I know that participating in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to complete this race safely. I assume all risks associated with running in this event, including, but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the 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 First United Methodist Church of Charlottesville, VA, the City of Charlottesville their representatives and their successors and all race-day volunteers from all claims or liabilities of any kind arising out of my participation in this event. In consideration of the safety of all participants, **I understand that no baby joggers or strollers, headphones, animals on a leash, skateboards, roller blades or bicycles are allowed on the course.** In addition, I understand that if the race is cancelled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE _____ Date _____ (Parent or Guardian if under 18) _____