

I Run/Walk for Ukraine 5K

Saturday July 22, 2023

Ritter Park - Huntington, WV



Sunflower Seeds Inc. is a Tri-State non-profit established on 1/11/2023 to raise resources and awareness for humanitarian aid for Ukrainian refugees. To date we have raised over \$15000. Since March 6, 2023, over \$7000 has been sent to our partners in France who then collect needed items and deliver them to Poland for refugees there; just 25 miles from the Ukraine border.

Schedule

- 8:00 Yoga (donation-based)
- 8:30 On-Site Registration
- 9:00 5K Run/Walk
- 10:00 Yoga (donation-based)

Registration

- \$25 Pre-registered (before July 13th)
- \$30 Day of Race

Awards

Trophies to first two overall male and female finishers in each age group.

Age Groups: -9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79+

- The Citrine Suncatcher (yellow) will be awarded to first and second male and female in each age group. It is from Blenko Glass and it will never be made in that particular color again.
- Race shirts to all pre-registrants (before July 13th)
- Door prizes and Refreshments
- Silent auction for original painting by Dr. Stephanie Skolik. Prints of same will be available at the race.
- Canvass bags with giveaways.

*****Cut here*****

Name: _____ Address: _____

Email: _____

Phone: _____ Gender: M F (circle) Age on race day: _____

Shirt Size: _____ (2X, 3X and 4X add \$2.00) Additional Donation:\$ _____ Total Enclosed \$ _____

Mail registration and check payable to: **Sunflower Seeds Inc., 1338 Enslow Blvd., Huntington WV. 25705**

WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions 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 weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I release the City of Huntington, Sunflower Seeds Inc., race officials, volunteers and all sponsors from all claims to liabilities arising out of my participation in this event.

Signature: _____ Date: _____

Parent/Guardian (For minor): _____ Date: _____