

# I Run/Walk for Ukraine 5K

## Saturday May 18, 2024

### Ritter Park - Huntington, WV



**Sunflower Seeds Inc.** is a Tri-State 501 (c) 3 non-profit organization established to raise awareness and resources for the 17 million Ukrainian refugees that are in need of humanitarian aid. Sunflower Seeds works with its French partners to provide food and medical supplies and the transport of those supplies directly to refugees in need. As of March 2024, over \$40,000 has been raised.

#### Schedule

- 8:15 On-Site Registration
- 9:00 5K Run/Walk

#### Registration

- \$25 Pre-registered (before May 10th)
- \$30 Day of Race
- On-line at [www.tristateracer.com](http://www.tristateracer.com)

#### Awards

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

Age Groups: -9, 10-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79+

- A sunflower themed trophy will be awarded to first and second male and female in each age group.
- Race shirts to all pre-registrants (before May 10th) • Door prizes and Refreshments
- Art and crafts and other merchandise will be offered including Blenko glass pieces, art prints, and ball caps.
- Canvass bags with giveaways to first 100 registrants.

\*\*\*\*\*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.,**

**P.O. Box 1243**

**Barboursville, WV. 25504**

**304 360-1198**

**website - [www.sunflowerseedstristate.com](http://www.sunflowerseedstristate.com)**

**email – [seedstristate@gmail.com](mailto:seedstristate@gmail.com)**

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: \_\_\_\_\_