

Monarch Kids Cub Run

ODU Children's Learning and Research Center are dedicating the month of April to promoting healthy eating and living in young children. The centers will have fun activities throughout the whole month with the main fundraising event being the annual family 5K Race. Proceeds will benefit children of the ODU Children's Learning and Research Centers. A donation table will be available for monetary donations on the day of the race.

Date: April 13, 2013

**Fun Run Time: 9 AM
5k Run/Walk Time: 10 AM**

Pre-Register Deadline: March 29th, 2013

Advance Entry Fees:

- \$15 Children 12 and under- 1 Mile Fun Run
- \$25 Adult 5K Race
- \$75 Family of 4
- \$150 Team of 8
- \$8 T-shirt only

Includes shirt, light refreshments and entertainment

Day of Race Fee:

\$20.00 Children/ \$30.00 Adult
(Please pre-register. T-SHIRTS ARE NOT GUARANTEED TO LATE REGISTRANTS.)

The Race will commence at the Child Study Center Playground. It will continue throughout campus for 3.1 miles and finish back at the CSC playground.

Race Timing: Tidewater Striders

No Rain Date/ No Refunds Available

**For more information or to register please contact:
Christy Charlton or Beth Pearson at 757-683-5465
or email ccharlto@odu.edu**

RACE DETAILS

Start Times:

- 1 Mile Fun Run: 9 AM
- 5K Walk/Run: 10 AM

Parking:

- LOT 30- next to BAL
- Garage D- behind Marriott
- SpringHill Suites

Day of Race

**Registration:
7:30 AM- 8:30 AM**

**April 12th- 7:30AM-5:30PM
Bibs and shirts will be available for racers who have pre-registered at the Child Study Center.**

To REGISTER, SPONSOR, or make a DONATION go to:

<http://education.odu.edu/monarchkids>

**Sponsored by:
Friends at the Centers for Children**



Join us for RAFFLE PRIZES, food, games, and live entertainment !!



NFD, Norfolk Bookmobile, Big Blue, and more!!

**Mail form and entry fee to:
(One form per participant)**

4501 Hampton Blvd
Norfolk, Va 23529
Make Checks Payable to:
Friends at the Centers for Children

I will be participating in the:

- 1 mile Fun Run
- 5K Race

Parents running with their children have to register

Name _____

Address _____

Phone _____

T-Shirt Size: YS YM S M L XL

Sex: _____ Age: _____ Email _____

Affiliation:

- Family or Friend of ODU Children's Learning and Research Center : Teacher _____
- CDC/CSC Alumni
- Community/Tidewater Strider Website

Signature _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____

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 this event including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions or the road, all such risks being known and appreciated by me. This is an unsanctioned road race that is following the rules of USATF. Having read this waiver, I release ODU, the Centers for Learning and Research, the Friends of the Centers for Children, race officials, volunteers, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to use any photographs or any other record of this event for any legitimate purpose.