



THE HAVEN 8K_{run}

Former MJ8K

& 4K_{walk}

Saturday, March 10, 2018 – 8:00 am

Part of the C-VILLE-athon Race Series

All proceeds benefit THE HAVEN.

The 7th Annual Haven “Run for Home” starts and finishes on the Downtown Mall and winds through historic and scenic downtown neighborhoods. The Haven, located in downtown Charlottesville, is a safe and welcoming day shelter and resource center for the homeless and very poor of Central Virginia. Serving over 85 people daily, The Haven provides respite for the weary and transformation for the ready. Until there’s a place to call home, there’s The Haven.

8K and 4K RACE REGISTRATION

Entry fee includes our famous, delicious, homemade, post-race breakfast!

<u>BY 1/31</u>	<u>2/1 – 2/28</u>	<u>3/1 thru RACE DAY</u>
\$30 for adults	\$35 for adults	\$40 for adults
\$15 for students/youth	\$20 for students/youth	\$25 for students/youth

Visit www.thehaven.org/haven8k to register online.

Online registration closes on 3/8/18.

PACKET PICK UP AND LATE REGISTRATION at THE HAVEN

Friday, March 9th, from 5pm-6:30pm

Saturday, March 10th, (Race Day) from 6:45am-7:30am

THE HAVEN is in downtown Charlottesville on the corner of N First St. and W Market St.

Address: 112 West Market St., Charlottesville, VA 22902

Donations of hats, gloves, socks, underwear, and sample/hotel-sized toiletries are welcome!

COURSE

The 8K/4K are the former MJ8K/4K courses.

Course Maps available at www.thehaven.org/haven8k

SWAG

All entrants will receive an official *HAVEN 8K/4K* hat, as well as a *fabulous breakfast buffet*.

Prizes are awarded to top 3, male and female, overall 8K finishers and 8K age group winners.

Join us post-race at THE HAVEN for our famous, complimentary breakfast for all entrants!

INFORMATION

Mark Lorenzoni, 434-293-3367; Maureen /Kevin O’Shea, 434-409-5906, maureenoshea@comcast.net

Registration Form located on back or visit www.thehaven.org/haven8k to register online.

Register online at www.thehaven.org/haven8k or make checks payable to The Haven and mail entry forms to: Maureen O'Shea, Haven 8k, 2473 Holkham Dr, Charlottesville, VA 22901 or hand deliver to Ragged Mountain Running Shop.

First Name _____ Last Name _____

I will participate in (please circle one): 8K 4K

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

Address _____

City _____ State _____ Zip _____

E-mail _____

Amount enclosed: Entry fee \$ _____ + Additional Donation for THE HAVEN \$ _____ =

Total \$ _____

In consideration of acceptance with this entry, I waive all claims against official sponsors of this event and The Haven for injury or illness which may directly or indirectly result from my participation in the Haven 8K/4K, except for injury or illness caused exclusively by an intentional misconduct or gross negligence of the employees or agents of the sponsors. I understand that participants in this race do so at their own risk. I understand that the risks of running an 8K and walking a 4K include but are not limited to elevated heart rate, cardiac arrest, and pulled, torn, strained, or sprained muscles, and I accept these risks. I understand that my agreement to this waiver is entirely voluntary, and I understand that official sponsors of this event and The Haven will not be responsible for any consequences of participation caused by the individual health or circumstances of the participant. I am over the age of 18 or my parent or legal guardian has read this waiver and signed below.

Signature: _____ Date: _____

Signature of parent/guardian (if under 18): _____ Date: _____

A special thanks to our financial sponsors:

