

# MERCY5K

Stand Up For Girls in Kenya



Please join us to run with Sister Rose  
for girls' education in Kenya  
Saturday, April 29, 2017  
Bluemont Park South Shelter



329 North Manchester Street, Arlington VA 22203

Enter on-line at [www.safetyandhealthfoundation.org/mercy](http://www.safetyandhealthfoundation.org/mercy)

Hosted by: Mercy Center Foundation, USA – [www.mercyproject.org](http://www.mercyproject.org)

<b>Events:</b>	<b>9:00 AM – 3K walk</b>	<b>10:00 AM – Competitive 5K run</b>		
<b>Entry Fees:</b>	<b>Individuals:</b> \$ 25 by January 31	\$ 35 by March 31	\$ 40 by April 15	\$ 45 by April 28
	<b>Groups of 3:</b> \$ 65 by January 31	\$ 95 by March 31	\$110 by April 15	\$125 by April 28
	<b>Groups of 5:</b> \$115 by January 31	\$130 by March 31	\$150 by April 15	\$180 by April 28

**Pre-race packet pick-up:** Friday, April 28, 3:00-6:00 PM, Georgetown Running Company, 3401 M Street NW, Washington DC (202-337-8626)

**Race-day packet pick-up:** Saturday, April 29, 8:00-9:45 AM, on-site at Bluemont Park (race-day registration OK)

**Call to Sponsors:** We need corporate / individual sponsors -- see [www.safetyandhealthfoundation.org/mercy/sponsor.pdf](http://www.safetyandhealthfoundation.org/mercy/sponsor.pdf)

**Distinctive Awards:** Top 3 M & F overall, top 3 M/F ages 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Gift certificates from Georgetown Running Co. and other sponsors -- awards, live music, & food**

**Mission:** In Kenya, many girls have no options for secondary school education. All net proceeds from this race go toward continued construction of Mercy Girls Secondary School. The school is in dire need, and we appreciate your help!

**Speaker:** Sister Rose, VHM, Founder of Mercy Girls School and Mercy Center Foundation, USA at 9:45 AM

**Directions and Free Parking:** Route 50 to Manchester Street, north to 329 North Manchester Street  
Park free at Bluemont Park, neighborhood streets, or nearby Ashlawn School

**Limit:** Limited to the first 350 entrants  
**More Info/Contact:** Adrienne Doherty  
**T-shirts:** High-quality colorful, eco friendly t-shirts  
email: [adriannedoherty@gmail.com](mailto:adriannedoherty@gmail.com) or call 703-309-6657

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**Mail checks to: Mercy Center Foundation USA, PO Box 62814, Washington, DC 20029**

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in this event 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 race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Mercy Center Foundation USA, Safety And Health Foundation Inc., Princeton Running Company, USATF, National Park Service, Arlington County Virginia, and all sponsors, their directors, elected and appointed officials, employees, officers, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee is non-refundable. I agree that you may use my name and likeness for publicity purposes.

Signature \_\_\_\_\_ (parent or guardian if under 18)

Name \_\_\_\_\_ Gender \_\_\_ (M F) Age on 04/29/2017 \_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_ T-shirt size [ ] Child-M XS Adult S M L XL XXL

Birthdate \_\_\_ - \_\_\_ - \_\_\_\_\_ (mm-dd-yyyy) Predicted time for 5K (3.1 miles) \_\_\_ : \_\_\_ [ ] 3K walk

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ [ ] 5K walk or run

Enclosed is: Individuals [ ] \$25 by January 31 [ ] \$35 by March 31 [ ] \$40 by April 15 [ ] \$45 by April 28  
Groups of 3: [ ] \$65 by January 31 [ ] \$95 by March 31 [ ] \$110 by April 15 [ ] \$125 by April 28  
Groups of 5: [ ] \$115 by January 31 [ ] \$130 by March 31 [ ] \$150 by April 15 [ ] \$180 by April 28

Enclosed is an additional tax-deductible donation: [ ] \$25 [ ] \$50 [ ] \$100 [ ] \$250 [ ] \$500 [ ] \$1000 [ ] \$3000 Other \_\_\_\_\_