

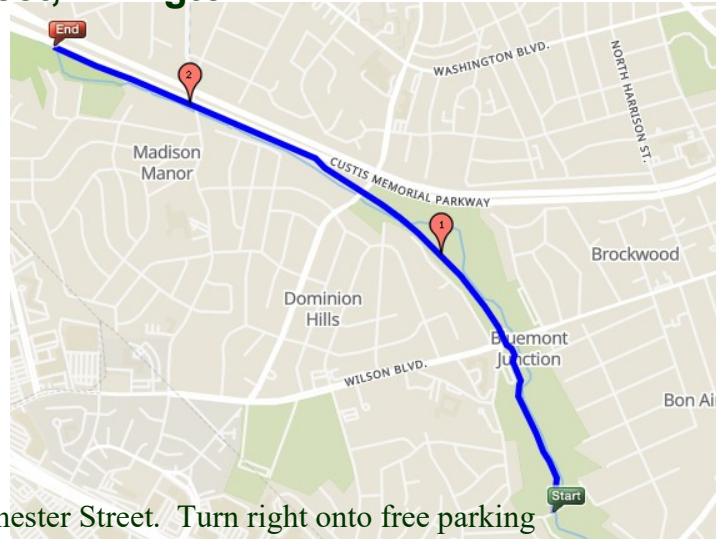


2nd annual **5K Run / Walk for Refugees**
Sunday, June 29, 2025
Bluemont Park South Shelter
329 North Manchester Street, Arlington VA



- **Events:**
 - o 8:00 AM – On-site packet pick-up
 - o 9:00 AM – 5K (3.1 miles) run / walk
 - o 9:45 AM – Kids' kilometer (0.62 miles)
 - o 10:00 AM – Family picnic in Bluemont Park shelter
- **Entry Fee including post-race picnic**
 - o \$30 by May 31 o \$35 by June 22
 - o \$50 by June 29
 - o Free for Kids' Kilometer -- families are welcome
 - o \$10 for family picnic only
- **Enter on-line:**
safetyandhealthfoundation.org/runforrefugees

- **Enter by Mail:** Use the form below
- **Directions:** From Route 50, turn north to the end of Manchester Street. Turn right onto free parking
- **Race-day:** On-site registration is open from 8:00 AM to 9:15 AM – **Race-day registration is OK**
- **Course:** Paved park roads, one hill, no crossings | Perfect for walkers and wheelchairs
- **Race size:** About 250 adults, 50 kids
- **Awards:** \$50 Pacers certificate for 1st M/F; \$30 for 2nd; \$20 for 3rd; medals to all in 5K Run / Walk, blue ribbons for Kids' Kilometer courtesy of Potomac Valley Track Club
- **Post-race:** Picnic in the shelter about 100 meters from the start / finish next to the restrooms / activities
- **Contact:** Jay Jacob Wind racedirector@att.net 703-927-4833
- **Benefits:** ECDC's programs to aid refugees worldwide.
You can help sustain ECDC's programs.



Awards courtesy of Pacers Running Stores



Race day entry bib number

Send form and check to "SHF" and mail it to
SHF, 611 South Ivy Street, Arlington VA 22204
or bring this form with you on race day



Name _____ Age on race day ____ M/F ____
Address _____ Birthdate _____, _____
City, State, ZIP _____ Phone _____
E-mail _____ Size ☐ S ☐ M ☐ L ☐ XL
Event ☐ 5K (9:00 AM) ☐ Kids' Kilometer (9:45 AM) ☐ Family Picnic (10:00 AM)

Waiver of liability: I know running a 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 relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: CONTRACTION OF ILLNESS INCLUDING COVID19, falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including District of Columbia, Arlington County Virginia, their elected and appointed officials and employees, Northern Virginia Regional Park Authority, ECDC, RRCA, and USATF, their officers, directors, agents, and employees, and all officials of this event 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 understand this event is conducted under the regulations of National Park Service. I agree to release my name and photo for publicity purposes. I agree that you may provide my name and address to sponsors of this event. I agree my entry fee is non-refundable. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____
Here is an additional donation of ☐ \$10.00 ☐ \$20.00 ☐ \$30.00 ☐ \$40.00 ☐ \$50.00 ☐ \$100 ☐ \$250

You may make additional donation checks payable to "ECDC" – All additional donations go to ECDC
All donations are 100% tax-deductible -- We recognize all additional donations on our web site
For sponsorship opportunities, please call Jay at 703-927-4833

Sponsored by



Visit us in store -- Whether you are a walker, runner, or simply looking for an ultra-comfortable pair of shoes, Pacers stores are hubs where everyone is welcome and every goal is celebrated. Come visit us at one of our five locations in DC and Northern Virginia!

Alexandria

1301 King Street, Alexandria, VA 22314
(703) 836-1463



14th Street

2104 14th St NW, Washington DC 20009
(202) 506-2029



Navy Yard

300 Tingey St SE #160, Washington, DC 20003
(202) 554-1216



Clarendon

3100 Clarendon Blvd, Arlington, VA 22201
(571) 257-8683



Georgetown

1079 Wisconsin Ave NW, Washington DC 20007
(202) 845-8798



Lady Octopus Tattoos
2813 Clarendon Blvd
Arlington, VA 22201

703-528-1099 • www.ladyoctopus.tattoo

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DAMA RESTAURANT & CAFE

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703-920-3559
kdama1961@gmail.com

Pastry & Cafe:

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