



# Run for Refugees 5K Run & Walk

To Benefit IRIS - Integrated Refugee & Immigrant Services

Super Bowl Sunday, February 1, 10:00 AM

New Haven's Wilbur Cross High School & East Rock Park

**Question:**

What do football fans do on Super Bowl Sunday while they wait for the game to start?

- How do you spend the endless hours of waiting for the kick off?
- How do you prepare for the excessive consumption of traditional beverages, nachos, chili, hotdogs, and wings?
- What do you do to compensate for the hours of sitting in front of the television watching fellow humans run up and down a field crashing into each other?

**Answer**

Run (or walk) for Refugees!!

- ✓ Do something healthy.
- ✓ Get out of doors and enjoy the fresh air.
- ✓ Exercise your body.
- ✓ Contribute to a great charitable cause.

Runners and walkers, start your Super Bowl festivities early with a fun filled event that raises funds and awareness for the thousands of refugees that have settled in Connecticut. Participants are encouraged to support their favorite team with jerseys and costumes.

**5K Run & Walk (10:00 AM start)**

The challenging certified course runs through picturesque East Rock Park. The first half of the course is uphill and the second half is downhill.

**Registration (register early and save)**

To register, fill out the application below and mail it by January 27. Race day registration will be held from 8:30 – 9:45 a.m. Online registration is available from December 15 - January 29 on [www.jbsports.com](http://www.jbsports.com).

**Entry fee waived for those raising \$100 or more for IRIS.**

**Post Race Party**

After the race, enjoy a post race party with food, beverages and entertainment at Wilbur Cross High School.

**T-shirts**

Given to all pre-registered runners and the first 100 raceday entrants.

**Dress up and Win**

The best individual and group costumes win prizes.

**Awards Ceremony**

Given to first 3 finishers in each age division. 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ and Wheelchair. Awards also given for best individual costume and group costume (see above).

**Amenities**

- T-shirts to all participants.
- Computerized results.
- Splits given at 1 and 2 mile marks.

**Information**

[www.jbsports.com](http://www.jbsports.com) or (203) 481-5933

In case of severe weather, please call or visit website for postponement.

**Directions to New Haven's Wilbur Cross High School:**

**From Bridgeport**

I-95 North to I-91 North (exit 48 – left hand exit). Get off at exit 6 (left hand exit). Right onto Willow St. Right onto Mitchell Dr. High School is on the right in 200 yards.

**From New London**

I -95 South to I-91 North (exit 48). Continue directions from above.

**From Hartford**

I-91 South to exit 6 (right hand exit). Continue directions from above.

-----**Entry Form (Register early & save)**-----

Please Circle: 5K ADULT: \$18 before January 1, \$20 January 1 - 29, \$25 race day

5K STUDENT – ages 20 and under: \$14 before January 1, \$15 January 1 - 29, \$20 race day

**Please Make Non-Refundable Checks Payable to: IRIS, c/o JB Sports, 2 Buena Vista Rd., Branford, CT 06405**

\_\_\_ Waived entry fee if enclosing check(s) for \$100 or more to IRIS, c/o JB Sports, 2 Buena Vista Rd. Branford, CT 06405  
Fill out contribution form below.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Date of birth / /

Male \_\_\_ Female \_\_\_ Wheelchair athlete \_\_\_ E-mail \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete the run. I assume all risks with running this event, including but not limited to falls, contact with other participants, effects of the weather, including thunder and lightning and extreme cold, snow ice wind, rain or freezing rain, traffic and the conditions of the road, 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 in my behalf waive and release the City of New Haven, race officials, IRIS, JB Sports LLC, John Bysiewicz, volunteers and all sponsors from all claims or liabilities of any kind arising out of my participation in this event, grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I know that dogs, bicycles, in-line skates, MP3 players, and baby joggers are not allowed on the course.

**Signature (Parent must sign if competitor under 18)** \_\_\_\_\_

**Contributions**

Please make checks out to "IRIS."

Sponsor's Name	Mailing Address	City, State, Zip	Phone	Donation	Paid
Jane Smith	123 Main St.	Anytown, CT 12345	234-5678	\$100	Y