



**Sunday, June 9, 2019 • 9:00 a.m.**

FOR MORE INFORMATION: <https://runnc.com/event/run-for-hope-idf/>

EMAIL – [OFFICE@IDFUTBOL.COM](mailto:OFFICE@IDFUTBOL.COM)

## Registration

**By Mail:** Mail completed/signed form to IDF

Attn: Run for Hope IDF 5K, PO BOX 98731, RALEIGH, NC 27624-8731.

Mailed entries with payment must be received by May 12, 2019.

**Online registration:** <https://runnc.com/event/run-for-hope-idf/> closes 4 am EST June 9, 2019

## Race Location & Parking

WakeMed Soccer Park

201 Soccer Park Drive, Cary

## Race Course

The 5k course will begin and end near Field 6 at **WakeMed Soccer Park**. The course consists of fine gravel and grass surfaces. USATF certified.

## Advance Packet Pick Up & Registration

Omega Sports

3025 Market Center Drive, Morrisville

Saturday, June 8 (5pm – 7pm)

## Race Day Packet Pick Up & Registration

WakeMed Soccer Park

201 Soccer Park Drive, Cary

Sunday, June 9 (7:00 am - 8:45 am)

## Entry Fees

**5K (t-shirt): \$35**

**5K (no t-shirt): \$25 (\$30 on June 9)**

**Kid's Fun Run (t-shirt): \$20**

**Kid's Fun Run (no t-shirt): \$10 (\$12 on June 9)**

**T-shirts must be ordered by May 15**

## Age Divisions

**5K Run/Walk:** 14 & under, 15-19, 20-29, 30-

39, 40-49, 50-59, 60-69, 70 & over

**Kid's Fun Run (100 yards):** 10 & under

## Awards

Prizes will be awarded to the top three overall finishers (male & female), the top finishers in each age division (male & female). All Kid's Fun Run participants will receive an award.

## Results & Timing

Complete race results will be listed on:

[www.runnc.com](http://www.runnc.com)

A chip timing system is utilized to providing accurate results.

## Safety

For the safety of the participants and spectators, bicycles, in-line skates, skateboards, and pets are NOT allowed on the course

## PRESENTING SPONSORS

## PLATINUM SPONSORS

**OMEGASPORTS – MORRISVILLE**

## GOLD SPONSORS

## SILVER SPONSORS

Inter Development Fútbol (IDF) is a youth soccer development and education club based in Cary, NC, that focuses on player development, incorporating life skills and leadership development through soccer training. The club is represented by 20 countries amongst 70 plus players and families and IDF leverages this diversity, along with the organization's 501(c)(3) status, in its extensive fundraising efforts. The parent-driven IDF Fundraising Committee manages these efforts. The Committee brainstorms, plans, and executes fund-raising strategies and activities for the benefit of ALL IDF age groups; and tracks, directs, and approves the use of the acquired funds based on the Fundraising prioritized list/goals from IDF. Every dollar raised directly benefits the soccer development and leadership growth of each male or female player enrolled in the IDF Program.

**Detach and Mail to: IDF, Attn: IDF Annual 5K, PO BOX 98731, RALEIGH, NC 27624-8731. Make checks payable to IDF, Attn: IDF Annual 5K.**

I AM REGISTERING FOR: ☐ KID'S FUN RUN (t-shirt) - \$20 ☐ KID'S FUN RUN - \$10 (\$12 on 6/9) ☐ 5K (t-shirt) - \$35 ☐ 5K (no t-shirt) - \$25 (\$30 on 6/9)

I WOULD LIKE TO MAKE A DONATION OF: \$ \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ MIDDLE: \_\_\_\_\_ ☐ MALE ☐ FEMALE

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON 6/9/19: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

**Participant Waiver** I, for myself, my heirs and personal representatives, waive all rights and claims for damages and injury that may occur as a result of my participation in this race. I attest that I am physically fit and have sufficiently trained to participate in this event. Further, I hereby release Run for Hope IDF 5K, Young and Associates, all volunteers, sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner as a result arising from my participation in said race. I agree to allow my name and picture to be used in coverage of this event for legitimate purposes. I understand that my entry fee is non-refundable.

SIGNATURE (IF UNDER 18, PARENT'S SIGNATURE REQUIRED): \_\_\_\_\_ DATE: \_\_\_\_\_

ENTRY WILL NOT BE ACCEPTED WITHOUT PROPER SIGNATURE(S) AND REGISTRATION FEES.