

## **Ken-Ya Run It? 5K & 1 Mile Walk**

Sugar Hollow Park  
23261 Sugar Hollow Rd  
Bristol, Virginia 24202

**4/25/2026 @ 9:00 am.**

The Ken-Ya Run It? event is more than just a race; it's a step towards a brighter future for 30 orphans in Embu, Kenya. By participating, you are helping the Bristol Hub mission team provide essential education, supplies, and nutritious food for these incredible children. Every stride you take and every mile you conquer helps fund our mission to support their growth and development.

<b>Early Bird Registration:</b> Through 4/1	<b>Regular Registration:</b> 4/1 through 4/24	<b>Race Day Registration:</b> 4/25
5K Run \$20 1 Mile Walk \$10	5K Run \$25 1 Mile Walk \$15	5K Run \$30 1 Mile Walk \$20

**Make checks payable to:** Reynolds Memorial United Methodist Church

**Mail this form to:** Reynolds Memorial United Methodist Church  
1320 Mary Street  
Bristol VA 24201

T-shirts guaranteed through April 10 Registration | Strollers are permitted on the course

	<b>Ken-Ya Run It? 5K Male &amp; Female Awards:</b>	<b>1 Mile Walk (Untimed) Male &amp; Female Awards:</b>
For more info contact Robert Kariuki, kariukirob@yahoo.com	Overall (top 3) Top Masters Top GrandMasters  <b>Age Groups (top 3)</b> 10 under, 11- 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 over	No awards

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LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ M.I. \_\_\_\_\_

SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ AGE ON RACEDAY \_\_\_\_\_ E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) \_\_\_\_\_

**\*\*\* CIRCLE EVENT:** Ken-Ya Run It? 5K | 1 Mile Walk (Untimed) **\*\*\* CIRCLE SHIRT SIZE:** SM, MD, LG, XL, XXL

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ (Parent signature if under the age of 18)