

The Project Athena Race Series offers something for everyone: a 10K Run, 5K Team Adventure Hike & a Kids 1K Fun Run with 100% of the proceeds benefitting survivors.

The Athena Event will be In VA September 17, 2011!

**Norfolk,VA
Virginia Wesleyan College
1584 Wesleyan Dr
Norfolk VA 23502**

Runner? 8AM -10K God & Goddess Run Come out and join us for a 10K loop that combines trails & roads thru VWC scenic campus.(God & Goddess costumes are optional).All participants will receive running tech shirt, finishers medal & other goodies. Prizes awarded to top three finishers M & F.

Hiker/Walker? 8AM -5K Athena Team Trek If you are a little more low key grab your friends or family, create a team (2-6 people) & get ready to have a blast doing our "Team Athena Adventure 5K"! The 2 hour scavenger hike highlights the best parks have to offer while doing fun challenges along the way. Prizes will be awarded to various teams!

Kid? 10 AM- 1K Merrill Kids Challenge Kids under 12 will have a blast doing our 1k fun run with giant inflatables! All kids will receive a race finishers medal & race shirt.

100% of entry fees will help support local Survivors that live in your community as well as on a national level by providing Athena-ship grants that help women live their adventurous dreams!

Are You A Survivor? This event could be FREE for you. Find out more information at www.projectathena.org If you know a friend, family member or co-worker who is, please encourage them to do so, too! Not only will Virginia Survivors join any event for free, we will be choosing three Virginia Survivors for an "Athena-ship" to one of our 2012 Project Athena Adventures.

5K&10K Pricing	Kidz 1K Pricing
\$30.00 until 9/3/11	
\$35.00 until 9/15/11	\$10 until 9/15/11
\$45.00 until 9/17/11	\$15 until 9/17/11

Virginia Beach/Norfolk Race Packet Pick up Info

When: Friday, Sept. 16th 4-7PM

For those procrastinators out thereit's not too late you can register for the event here too!

Where: Running Etc.

1940 Laskin RD #302

VB, VA 23454

757-491-2340