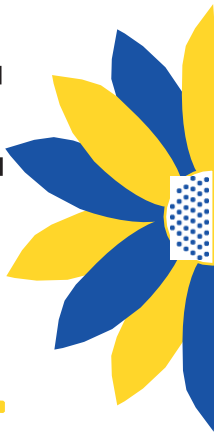


I STAND, I WALK, I RUN FOR
UKRAINE

5K



Sunflower Seeds Inc. is a Tri-State 501(c)3 non-profit organization established to raise awareness and resources for Ukrainian refugees that are in need of humanitarian aid.

NEW 2026 T-SHIRT



CAUSE FOR ACTION KEY FACTS

- 3.7 million internally displaced people in Ukraine
- 6.9 million refugees from Ukraine have been recorded globally
- 12.7 million people are in need of humanitarian assistance, including nearly 2 million children
- 5.3 million children are facing educational barriers due to interrupted schooling and school closures.
- 1.5 million children are at risk for mental health issues such as depression, anxiety, and PTSD.

Data from The UN Refugee Agency

SATURDAY JUNE 13TH
RITTER PARK | HUNTINGTON, WV

8:15AM | Registration
9:00AM | 5k Run/Walk

PRE-REGISTER
\$30 | tristateracer.com

SAME DAY REGISTRATION
\$35 | Ritter Park at 8:15AM

QUESTIONS?
seedstristate@gmail.com
sunflowerseedstristate.com
(304) 360-1198



GIVEAWAYS

- All racers who pre-register will receive a t-shirt
- Opportunity to win door prizes
- Refreshments will be provided
- Canvas Bags will be given to the first 100 registrants
- Merchandise will be available for purchase including Blenko Glass pieces, art prints and ball caps

SPONSORSHIP LEVELS

Gold | \$1,000+
Silver | \$500-\$1,000
Bronze | \$250-\$500

SUNFLOWER SEEDS INC
P.O. Box 1243
Barboursville, WV 25504

I STAND, I WALK, I RUN FOR

UKRAINE

5K



SATURDAY MAY 17TH, 2025
RITTER PARK | HUNTINGTON, WV

Sunflower Seeds Inc. is a Tri-State 501(c)3 non-profit organization established to raise awareness and resources for the 12.7 million Ukrainian refugees that are in need of humanitarian aid. Sunflower Seeds works with it's French and Ukrainian partners and others to provide food and medical supplies and the transport of those supplies directly to refugees and war victims in need. As of April 2026 over \$200,000 has been raised in cash and in the value of donated medical supplies.

SCHEDULE

8:15AM - Same Day Registration
9:00AM - 5K Run/Walk

AWARDS

Medals will be given to the first two overall male & female finishers in each age group

The overall male and female winner will receive Blenko Glass Medals.

AGE GROUPS:

9 & Under, 10-15, 16-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70 & Up

REGISTRATION

Register online at tristateracer.com

\$30 | Pre-Registered before 6/13
\$35 | Same Day Registration

GIVEAWAYS

- All racers who pre-register will receive a t-shirt
- Opportunity to win door prizes
- Refreshments will be provided
- Canvas Bags will be given to the first 100 registrants
- Merchandise will be available for purchase including Blenko Glass pieces, art prints and ball caps



First & Last Name: _____ Address: _____
 Email: _____
 Phone: _____ Gender (circle): Male Female
 Shirt Size: _____ Age on Race Day: _____

Mail registration & make check payable to:
Sunflower Seeds Inc.
P.O. Box 1243
Barboursville, WV 25504

Additional Donation: \$ _____ Total Enclosed: \$ _____

WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I release the City of Huntington, Sunflower Seeds Inc., race officials, volunteers and all sponsors from all claims to liabilities arising out of my participation in this event.

Signature: _____ Date: _____
Parent/Guardian (If Under 18): _____ Date: _____