



VB Runway 5K Run/Walk Entry Form
To benefit Untamed Spirit and Wounded Warrior Project
November 22, 2014 **Military Aviation Museum**
1341 Princess Anne Road, Virginia Beach, VA 23457

RACE STARTING TIME: Registration opens 7:30 a.m. *5K Race begins at 9:00 a.m. *½ Mile begins at 10:00 a.m.
RACE FEES: \$25 by November 1, 2014 \$30 November 1st thru race day
 \$10 for ½ mile race

5K Run/Walk REGISTRATION: Online registration at Race-it.com thru November 20, 2014 or mail by to:
 VBRunway 5K Race Coordinator, 2724 Renaissance Way, Virginia Beach, VA 23456

TIMING: Tidewater Striders

******In order to qualify for the ACE AWARD participants MUST register by November 1, 2014******
*****RACE PACKET PICKUP WILL BE HELD SATURDAY, NOVEMBER 22 STARTING AT 7:30 a.m.*****

PAYMENTS: All checks are made payable to: **UNTAMED SPIRIT**

RACE CATEGORY: 5K Run 5K Walk ½ mile
T-SHIRT SIZE: Adult: SM MED LG XLG Youth: SM MED LG
 Women can choose either: Unisex: SM MED LG XLG
 Womens: SM MED LG

REGISTER PRIOR TO NOVEMBER 1st and T-Shirt size guaranteed, after November 1st size not guaranteed

AWARDS: Awards will be given in 3 places by Male/Female age groups: 1-19, 20-29, 30-39, 40-49, 50-59, 60+
 Awards will be given to top 3 places Male/Female walkers
 Medals will be given to participants 12 and under who complete the ½ mile
 Ace Award given to those participating in ***BOTH*** events
******In order to qualify for the ACE AWARD participants MUST register by November 1, 2014******

For more information or if you have questions, contact: Jennifer Jeffers, Race Coordinator, at Jennifer@vbrunway5K.org

Participant Name: _____ Sex: _____ Birthdate: _____
 Email: _____ Age on race day: _____
 Phone: _____ Emergency Contact: _____
 Address: _____

WAIVER AND RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the VBRunway5K including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my application, I for myself, and anyone entitled to act on my behalf, waive and release any and all sponsors, including, but not limited to, Untamed Spirit Therapeutic and Educational Program, the Military Aviation Museum, Tidewater Striders, race officials, volunteers and any and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my/our participation in the event though that liability may arise out of our negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, videos, recordings, or any other record of this event for any legitimate purpose, including newsletters and public relations materials. I understand that this race is not intended for baby joggers, strollers or dogs. Children under the age of 18 must have a Parent's signature.

Signature of Runner: _____ Date: _____
 Parent's Signature for minor under 18: _____ Date: _____