

# 5TH ANNUAL Menchville Winter Chill

## 5K RUN ... WALK

JANUARY 16, 2016

BENEFITTING THE MENCHVILLE  
HIGH SCHOOL CHORUS

A PTC GRAND PRIX EVENT



### LOCATION

Menchville High School  
275 Menchville Road  
Newport News, Va.

### STARTING TIMES

8:00 am Registration  
10:00 am 5K Start

### ENTRY FEES

\$25 / Pre-registration  
\$30 / After January 2, 2016  
\$20 / Newport News Public School Students  
and Teachers (must show ID)  
PTC race passes accepted

### AWARDS

Male and Female: Trophies for top 3 overall,  
medals for top 3 in following age group:  
13 & under, 14-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
Commemorative long-sleeve shirt only  
guaranteed to all pre-registrations

### OPPORTUNITIES

Sponsorship opportunities available  
Vendor space available  
Donations are accepted

### CONTACT

Danny Garay  
(757) 725-2100  
satterfieldent@aol.com



## REGISTRATION FORM

Please print clearly. Use one form per person. Make all checks payable to **Menchville High School**.

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Day of Race: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Info: \_\_\_\_\_

Circle Shirt Size: S M L XL XXL      Circle Gender: Male or Female

How did you hear about this event? \_\_\_\_\_

### Waiver Agreement:

I know that participating in a 5K run/walk race is a potentially hazardous activity. I will not enter and participate unless I am medically able. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, temperature, humidity, precipitation, 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 participation, I, for myself and anyone entitled to act on my behalf, waive and release Menchville High School, City of Newport News, Newport News Parks & Recreation, race officials, volunteers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors, Peninsula Track Club, and Road Runners Club of America of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (for ages 17 and younger) \_\_\_\_\_

Mail all forms and  
checks to:  
**Menchville High School**  
Attn: Jennifer Jarrett  
Chorus Director  
275 Menchville Rd.  
Newport News, VA 23602