

Race Dates: Tuesday June

Tuesday June 13 – 5 K

(6:30 PM Start)

Tuesday June 27 – 4 Miles

(6:30 PM Start)

Saturday July 15 – 5 Miles (9:00 AM Start)





When: Tuesday June 13 @ 6:30 PM (5 K) Registration opens 45 minutes prior to each race and Tuesday June 27 @ 6:30 PM (4 Miles) closes 5 minutes prior to race start.

Saturday July 15 @ 9:00 AM (5 Miles)

Entry Fees:

Series Entry: \$40 postmarked by June 1st or \$45 thereafter

No PTC Race Passes

No Refunds

Entitles runner entry to all 3 races, one race **Performance Singlet!**

Single Tuesday Race Entry: \$10 postmarked 5 days prior to event or \$12 thereafter.

Entitles runner to one race only and NO race T-shirt.

skateboards, skates or rollerblades.

Saturday Grand Prix: \$20 postmarked by July 1st or \$25 thereafter

Entitles runner entry to Saturday race, one race **Performance Singlet!**

Awards: Awards will be given to the top 8 Men and Women overall, the top 3 masters men and women, top 2 senior men and women and top 3 youth (14 and under) male and female for each race. Series awards will be based on the number of participants. Runners must complete all three races to be eligible for a series award.

Information: Call Thea Ganoe 757-272-2927, Peter Navin 757-876-9815

Mail entries to: Thea Ganoe, 4 Timberline Drive, Hampton Va. 23666 Make Checks payable to: Peninsula Track Club

All Proceeds benefit	t
Friends of Sandy	
Bottom Park	

First Name:	Last Name:	Age:	M / F
Runners Agreement	Waiver, Release & Acknowledgement		
All runners are required to sign	· · · · · · · · · · · · · · · · · · ·		
I know that running a trail race	e is a potentially hazardous activity. I should not enter and run u	unless I am medically able and properly trained. I	agree to abide by any decision of a
	lity to safely complete the run. I assume all risk associated with		
	ng, high heat or humidity, traffic and the conditions of the road/		, , , , , , , , , , , , , , , , , , , ,
knowing these facts, and in cor	nsideration of accepting my entry, I, for myself and anyone ent	titled to act on my behalf, waive and release the C	ity of Hampton, Sandy Bottom
,	Club, Road Runners Club of America, Bethel High School, all		1 , 3
	in this event. I grant permission to all of the foregoing to use	1 , 1	-
	ail race conducted under the rules of the RRCA and USTAF; it		

Signature:	Date:
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