



Fast & Funky 5k

AUG 10

PEACE * LOVE * RUN

RACE DAY PACKET PICKUP 7:00 a.m.–8:15 a.m.
RACE START 8:30 a.m.
AWARDS PRESENTATION 9:30 a.m.

Registration is capped at 200 participants—register early!

ENTRY FEES

\$30 Early Registration (postmarked by **July 26, 2019**)
 \$40 Late Registration (postmarked after July 26, 2019)
 \$45 Race Day Registration
 \$5 discount per runner for group registrations of 4 or more—registrations and payments must be submitted at the same time.

PTC race discount passes accepted only for early registration.

PAYMENT

Payable to Transitions Family Violence Services. No refunds or deferrals.

ONLINE REGISTRATION

www.runsignup.com/fastandfunky5k

AWARDS

Runners and Walkers—Male and Female Top 3 Overall
 Runners—Male and Female Winner in Age Group: (14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over)

T-SHIRTS

Short-sleeved shirts guaranteed **only to all early registrants**. After July 26, 2019, registrants may receive shirts on race day on a first-come, first-served basis and size is not guaranteed.

RACE DIRECTOR

Heidi Olson: Holson@Transitionsfvs.org or (757) 722-2261

Finish line results provided by Peninsula Track Club.



Saturday, August 10, 2019

Matteson Trail
 320 Butler Farm Rd., Hampton, VA

Benefiting Transitions Family Violence Services

The mission of Transitions Family Violence Services is to build safe and healthy families by supporting healthy, violence free family life. Transitions is the sole provider of comprehensive domestic violence services in Hampton, Newport News, Poquoson, and co-provider for York County for over 40 years. The agency offers emergency shelter, hotline, children's programming, legal advocacy, adult and child art therapy, support groups and a host of other services that prevent violence, save lives, and make the community more aware of domestic violence, its deleterious effects on the family.

FAST & FUNKY 5K RACE REGISTRATION

Mail to ► Transitions Family Violence Services, P.O. Box 561, Hampton, VA 23669

CHOOSE ONE: RUNNER WALKER

LAST NAME _____ FIRST _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ DATE OF BIRTH ____/____/____ GENDER: M F

T-SHIRT SIZE (Only guaranteed to early registrants—Check one) S M L XL XXL

EMAIL ADDRESS: _____ PHONE (____) _____

(Including your email address will ensure that you receive timely race updates and results.)

RELEASE AND WAIVER: 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 also know that although police protection may be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the road—all risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release and discharge Transitions Family Violence Services, Peninsula Track Club, the City of Hampton, Road Runners Club of America, Race Officials, Volunteers, any and all sponsors—including their agents, employees, assigns, or anyone acting on their behalf—from all and any claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I understand that all entries are final with no refunds. The official Race Director reserves the right to cancel the event without warning in the event of emergency, local disaster, or hazardous weather. In the event of cancellation there are no refunds. Further, I agree that if the race is canceled, I am responsible for any costs I have incurred to attend this race and associated events, including travel expenses. The undersigned further grants full permission to Peninsula Track Club and/or its agents authorized by them to use my photographs, videotapes, motion pictures, recording or any other record of this event for any legal purpose. Applications for minors will be accepted only with parent's/legal guardian's signature.

ENTRY FEES	
\$30 by 7/26/2019	_____
\$40 after 7/26/2019	_____
\$5 discount/runner for groups of 4 or more (_____)	_____
Add'l donation to Transitions Family Violence Service (optional)	_____
Total Amount Enclosed	\$ _____

Make checks payable to **Transitions Family Violence Services**

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)