

# POOP MATTERS 5K

WHERE NUMBER 2 IS MORE IMPORTANT THAN NUMBER 1



**SATURDAY**

**SEPTEMBER 21, 2019**

Newport News Park  
13560 Jefferson Avenue  
Newport News, VA 23603



Benefiting REACH, a non-profit organization committed to improving the lives of children and families living with Hirschsprung Disease. Children affected with this disease lack the nerve cells necessary to help propel waste through their bodies. This event will raise awareness of this condition and provide funds to support research grants and help families cope with this rare disease.

**SPONSORS**



Registration is capped at 200 participants—*register early!*

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

**ENTRY FEES**

\$30 Early Registration (postmarked by **September 7, 2019**)  
\$40 Late Registration (postmarked after September 7, 2019)  
\$40 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 *Peninsula Track Club*. No refunds or deferrals.

**ONLINE REGISTRATION**

[www.runsignup.com/poopmatters5k](http://www.runsignup.com/poopmatters5k)

**AWARDS**

Runners and Walkers—Male and Female Top 3 Overall

**T-SHIRTS**

Short-sleeved shirts guaranteed **only to all early registrants**. After September 7, 2019, registrants may receive shirts on race day on a first-come, first-served basis and size is not guaranteed.

**RACE DIRECTOR**

Steve Amarillo, [thepeninsulatrackclub@gmail.com](mailto:thepeninsulatrackclub@gmail.com) or (757) 869-8895

Finish line results provided by Peninsula Track Club.



## POOP MATTERS 5K RACE REGISTRATION

Mail to ► Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ GENDER:  M  F

T-SHIRT (Only guaranteed to early registrants) Youth:  S  M Adult:  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 Peninsula Track Club, the City of Newport News, Newport News Park and Recreation, 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 9/7/2019	_____
\$40 after 9/7/2019	_____
\$5 discount/runner for groups of 4 or more (_____)	
Add'l donation to REACH (optional)	_____
Total Amount Enclosed	\$ _____

Make checks payable to **Peninsula Track Club**

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)