

# TABB HIGH SCHOOL MAY DAY 5K

RUNNERS AND WALKERS WELCOME

**SATURDAY**  
**APRIL 27, 2019**  
**8:00 AM**

Tabb High School  
4431 Big Bethel Road  
Yorktown, VA 23693

Race day registration & packet pickup  
6:30 a.m. to 7:30 a.m.  
No official times after 9:30 a.m.

## RACE CONTACTS

Lindsay Olson, lolson2@ycsd.york.va.us  
Wendy Wilson, (757) 867-5306

All proceeds from  
the race will be  
used to upgrade  
athletic fields and  
facilities.



## ENTRY FEES

\$20 Early Registration (postmarked by **April 20, 2019**)  
\$25 Late Registration (postmarked after April 20, 2019)

PTC race discount passes accepted only for early registration.

## PAYMENT

Payable to **Tabb High School**. No refunds, exchanges, transfers or deferrals.  
Mail to: Lindsay Olson  
Tabb High School  
4431 Big Bethel Road  
Yorktown, VA 23693

## COURSE

The race starts and ends at Tabb High School and consists of flat, paved roads.

## REFRESHMENTS

Snacks and bottled water will be served at the conclusion of the race.

## AWARDS

### Runners

Top 3 Overall Male and Female  
Top 3 Male and Female Masters  
Top 3 Male and Female Age Groups:  
12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over

*Unclaimed awards will not be mailed or stored away.*

### Walkers

Top 3 Overall Male and Female

## T-SHIRTS

Short-sleeved shirts only guaranteed to **first 200 registrants**.

Finish line results provided by Peninsula Track Club.



## TABB MAY DAY 5K RACE REGISTRATION

Mail to ► Lindsay Olson, Tabb High School, 4431 Big Bethel Road, Yorktown, VA 23693

Select One ► ☐ Runner ☐ Walker

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

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

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

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

T-SHIRT (Only guaranteed to first 200 registrants) ☐ 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 heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release and discharge Tabb High School, York County School Division, York County, Peninsula Track Club, Road Runners Club of America, Race Officials, Volunteers, 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 all of the foregoing 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

\$20 by 4/20/2019	_____
\$25 after 4/20/2019	_____
Total Amount Enclosed	\$ _____

Make checks payable  
to **Tabb High School**

**Tabb High School Students**

Enter Grade: \_\_\_\_\_

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)