

Fast Before the Feast 5K



THANKSGIVING DAY

A PENINSULA TRACK CLUB EVENT

Thursday, November 28, 2019 | Mariners' Museum—Warwick Field

Benefiting Virginia Peninsula Foodbank

A family-friendly 5K run/walk over the paved roads of the Mariners' Museum Park

NOVEMBER
28

Registration is capped at 900 participants—register early!

REGISTRATION
DEADLINE NOV. 22
NO RACE DAY
REGISTRATION

RACE DAY PACKET PICKUP 7:00 a.m.–8:15 a.m.
RACE START 8:30 a.m.
AWARDS PRESENTATION 10:00 a.m.

AWARDS
Male and Female Top 10 Overall will be presented 45 minutes after race start.

ENTRY FEES
\$30 Early Registration
(postmarked by Friday, **November 1, 2019**)
\$40 Late Registration
(postmarked after Friday, November 1, 2019)
\$5 discount per runner for group registrations of 4 or more—registrations and payments must be submitted at the same time.

T-SHIRTS
Long-sleeved shirts guaranteed **only to all early registrants**. After November 1, 2019, registrants may receive shirts on race day on a first-come, first-served basis and size is not guaranteed. Unclaimed shirts will not be mailed.

NO RACE DAY REGISTRATION. Registration closes Friday, November 22, 2019 or when 900 participants have entered.

RACE DIRECTOR

Jaime Cox: jaime.cox77@gmail.com or (757) 817-1221

PTC race discount passes accepted only for early registration.

PROCEEDS benefit Virginia Peninsula Foodbank.

PAYMENT
Payable to Peninsula Track Club. No refunds or deferrals.

PARKING

Warwick High School
51 Copeland Lane
Newport News, Va.
www.peninsulatracclub.com



ONLINE REGISTRATION
www.runsignup.com/fbtf5k

Finish line results provided by Peninsula Track Club.

FAST BEFORE THE FEAST 5K RACE REGISTRATION

Mail to ► Jaime Cox, 217 North Ave., Newport News, Va. 23601

LAST NAME _____ FIRST _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

T-SHIRT SIZE (Check one) Unisex: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Only guaranteed to early registrants Youth: ☐ S ☐ M ☐ L

EXPECTED
FINISH TIME

MIN SEC

EMAIL ADDRESS: _____ PHONE (____) _____

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

ENTRY FEES

\$30 by 11/1/2019 _____

\$40 after 11/1/2019 _____

\$5 discount/runner
for groups of 4 or more (____) _____

Add'l donation
to Virginia Peninsula
Foodbank (optional) _____

Total Amount
Enclosed \$ _____

Make checks payable to **Peninsula Track Club**

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 Peninsula Track Club, The Mariners' Museum, the City of Newport News, Road Runners Club of America, Virginia Peninsula Foodbank, 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.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)