



New Year's Day 5K

for the American Cancer Society in Memory of Denise Suits



11 a.m.



SENTARA®

Center for Health & Fitness

through
Coliseum
Central

January 1, 2011

Start and End:

Sentara Center for Health and Fitness, 4001 Coliseum Dr. Hampton

Fee: \$15 prior to December 23
\$20 after December 23 and event day

Packet Pick - Up: December 31, 1-4 p.m.
January 1: 9-10:45 a.m. at Sentara Center for Health and Fitness

**T-shirt, food, beverages
for every participant; Door prizes
will be drawn. Shirts not guaranteed for
those not preregistered.**

COLISEUMCENTRAL
GET CENTERED



Information on site



Finish line results and race
support provided by the



peninsula track club

Contact / Send payment to:

Nina Stickles or Kema Roberts
5K - Sentara Center for Health & Fitness
4001 Coliseum Dr. Hampton VA 23666
www.sentarafitness.com,
(757) 637-7023 or 7027
nstickles@powerwellness.com
kroberts@powerwellness.com

Make Checks Payable: American Cancer Society

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Age on Race Day _____ Date of Birth _____

Male or Female T-Shirt: S M L XL XXL

PTC MEMBER: Yes or No (sorry, no PTC passes accepted)

Phone _____

Email _____

Event Fee: \$15 before Dec. 23, \$20 after \$ _____

Additional Donation to American Cancer Society: \$ _____

Total payable to American Cancer Society: \$ _____

Funds will be donated to the American Cancer Society and
the Cancer Fitness program subsidy fund

Under 18: This is to certify that my son/daughter has my permission to compete in the Sentara 5K Fun Run benefiting the American Cancer Society and that race officials have permission to authorize emergency treatment.

Parent/Guardian Signature: _____

Date _____

WAIVER: I hereby release Sentara Health Care, Sentara Center for Health & Fitness, CarePlex West Fitness Operations, LLC, Hammes Company, Peninsula Track Club, Road Runners Club of America, City of Hampton, all sponsors and contributors, all race staff and officials from any injuries or damages I may receive while participating in the fun run or activities associated with the event. I am in good physical condition and I am able to compete in any of the events for which I am registered. In addition, I grant permission for use of any photograph taken, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that the information provided is true and complete and I agree to comply with the conditions of this event.

Participant Signature: _____

Date _____

