



October 13, 2012

8:00am start

Let's Storm the Fort!

Start/Finish:

Monitor Lodge No.197

212 E. Mellen Street

Hampton, VA 23663

AND 1-MILE FUN RUN/WALK

Join us in the fun during the annual Phoebus Days celebration as we support a worthy fundraising project to protect children and families, the Virginia Freemason's Child Identification Program (VACHIP). At an always-free child ID event, specialized computers record a child's personally identifiable information on a CD for parents to provide authorities should a child go missing. In appreciation of your support, Monitor Lodge is hosting a free child ID event on October 13.

Fees: Early Registration: \$25 through Sept. 30 (*T-shirt guaranteed*)

Regular Registration: \$30 Oct. 1 through Oct. 12

Race Day Registration: \$35, Oct. 13, 6:30am – 7:30am

1-Mile Fun Run/Walk: \$10 through race day. The fun run/walk begins after the last 5k runner finishes.

Register: Online at www.active.com OR mail complete registration forms and checks payable to Monitor Lodge No. 197 postmarked by Sept. 30 to ATTN Alan Rogers at 212 E. Mellen Street Hampton, VA 23663.

Course: From Monitor Lodge through historic Phoebus, to Fort Monroe, and back

Packet Pick up: 5:00pm – 8:00pm, Friday, October 12 at Monitor Lodge No. 197 at 212 E. Mellen Street, Hampton, VA 23663. Photo identification required

Awards: \$200 to the overall top male and female finishers. Top three Male & Female Overall, Top three Male & Female in each age group will receive an award. 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. 1-Mile Run/Walk participants will each receive an award.

Parking: Available on street and in designated areas, so arrive early. The race starts/ends at Monitor Lodge.

Sponsors: Donations are appreciated and directly support our charity. Visit www.active.com and contact Alan J. Rogers, Race Director, at rogers.alan.j@gmail.com or Joe Grist, Fundraising Chairman, at joseph.d.grist@gmail.com for more information.

Race Waiver/Release

I know that running a race is a potentially hazardous activity. I should not enter to run unless you are medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, conditions of running surfaces, all risks being known and appreciated by me. I understand the race is not intended for individuals with headphones, dogs on leashes, skateboards or skates, and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Fort Monroe Authority; Phoebus Improvement League; Hampton Police Department; City of Hampton; Monitor Lodge No.197; race officials; volunteers; all sponsors and their representatives and successors from claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, such as event promotion. Parent or guardian must sign if applicant is under 18. No refunds, exchanges, or transfers allowed.

Mail form and payment to ATTN Alan Rogers at 212 E. Mellen Street Hampton VA 23663

Name (First, MI, Last) _____

Address _____ City _____ State _____ Zip _____ Telephone _____

Age _____ Birth Date _____ Sex: M ___ F ___ Email (please print clearly) _____

T-shirt size (check one): S ___ M ___ L ___ XL ___ XXL ___ (add \$3 to entry fee for XXL)

Signature _____ Date _____

