

Virginia Reggae Run and Fun walk

1 Mile
Saturday, 18th Aug. 2012
@ Sandy Bottom Park
in Hampton Va.

Awards:

Medals will still be awarded to the top three (3) in each age group for both male and female. This is not a timed run.

T shirts guaranteed to early registration.

Race day sign up at 7am

Sign up ends 30 minutes prior to race.

Event starts at 8 am.

Sign up @ www.virginiareggaerun.com

Registration & Entry Fees

\$15 before August 11 \$20 after

Building a healthy community!

Zumba w/ Lora
Fun & Fitness
with your family and friends

Three legged Races
Sack Races

Lime and Spoon Races
Push Up competitions



Name: _____

Female: _____ Male: _____

BirthDate/Year: ____/____/____ Age: ____

Email: _____

Race messages will be sent via email

Address: _____

City: _____ State: ____ ZIP _____

CHILD T-SHIRT SIZE: S M L

ADULT T-SHIRT SIZE: S M L XL

(Please circle one)

RACE WAIVER MUST BE SIGNED BELOW!

I know that running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for acceptance of my entry, I for myself and for anyone entitled to act on my behalf, agree to indemnify the West Indies United, Virginia Reggae, City of Hampton, Virginia, sponsors, volunteers, race management, from any and all claims or liabilities of any kind arising from my participation in this event. I will abide by all the guidelines set by race management. I agree that my entry fee is not refundable or transferable for any reason. I also grant permission to all of the foregoing to use any photographs, motion picture, recordings or any other record of this event for any legitimate purpose.

*Race Director reserves the right to accept or deny any entry.

*NO REFUNDS! NO TRANSFERS! NO EXCEPTIONS!

SIGNATURE: _____

(Parent signature required if under 18 years of age)

DATE: _____

MAIL CHECKS & ENTRY FORM TO:

Seko Francis, ATTN: Reggae Run, 109 Eastwood Dr, Newport News, VA 23602

Sign up online @ www.virginiareggaerun.com

Become a Sponsor @ www.virginiareggaerun.com

Proceeds to Benefit Virginia Reggae Awards, and West Indies United