



**JUNIOR LEAGUE OF
HAMPTON ROADS**
Women building better communities

Race for a Better Place

8K & 5K Walk. Run. Race.
Junior League of Hampton Roads



JLHR is an organization of women
committed to promoting voluntarism, developing the potential of women, and
improving communities through the effective action and leadership of trained volunteers.
Its purpose is exclusively education and charitable.
For more information, visit jlhr.org.

When: Saturday, April 20, 2013 at 8 a.m. Race Day Registration at 7a.m.

Where: The Mariners' Museum (100 Museum Drive Newport News, VA.)

Awards: 8K & 5K: Top 3 overall male and female, Top three male and female
in each of the following age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-
44, 45-49, 50-54, 55+

T-shirts: Race t-shirts guaranteed for all pre-registered by April 1. T-shirt size
and availability is not guaranteed after April 1.

Refreshments: Bagels and fruit will be available before the race. Draft beer,
pizza and bottled water will be provided following the race.

Entertainment: Music and live DJ, fitness/nutrition expo and a free ticket
raffle.

Kids: 100-yard dash to be held for kids ages 12 and under. \$5 participant fee.

REGISTRATION

5K Race:

\$25 Jan. 1—Feb. 28
\$35 March 1—March 31
\$40 April 1 to Race Day

8K Race:

\$30 Jan. 1—Feb. 29
\$40 March 1—March 31
\$45 April 1 to Race Day

Online Registration:

www.jlhr.org
www.active.com

Or Mail Forms To:

JLHR Race for a Better
Place
729 Thimble Shoals
Boulevard, Suite 4-D
Newport News, VA
23606

Social Media:

[www.Facebook.com/
Trot.for.Teal](http://www.Facebook.com/Trot.for.Teal)

Entry Form/Waiver

LAST NAME FIRST NAME MI

MAILING ADDRESS—STREET (INCLUDE APT. NO)

CITY STATE ZIP

PHONE NUMBER (Include area code)

AGE ON RACE DAY

GENDER

EMAIL ADDRESS

PTC MEMBER: ☐ YES ☐ NO (PTC race passes accepted) RACE SELECTION: ☐ 8K ☐ 5K

T-SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL

All participants MUST read and sign:

I know that participation in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official related to any ability to safely complete the race. I assume all risks associated with taking part in this event including, but not limited to, falls, contact with other participants, effects of the weather, including heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 The Junior League of Hampton Roads, The Peninsula Track Club, and the Road Runners Club of America from all claims or liability or any kind arising out of my participation in this event. I grant permission to any sponsor of the race to use my photographs, videos, recording of this event for legitimate purposes.

Signature of Runner

Date

Signature of Parent (if participant is under 18)

Date