



Poquoson Seafood Festival

5k run & 2 mile walk

Saturday, October 5, 2013

Poquoson Education Foundation

Kiwanis Club of Poquoson

The Poquoson Education Foundation & the Kiwanis Club of Poquoson welcome runners to a beautiful 5K loop course on fast asphalt roads. Walkers will compete on trails connecting Poquoson High School and Poquoson Primary School. Both events will begin at Poquoson High School and end at the Poquoson Primary School.

Directions

From the west: take exit 256B. Continue onto Victory Boulevard. Continue into Poquoson on Little Florida Road. Turn left onto Odd Road. PHS is on your right.

From the east: Take 262B to Magruder Boulevard. Turn right at Commander Shepherd Boulevard. Turn left onto Wythe Creek. Turn right on Little Florida Road. Turn left on Odd Road. PHS is on your right.

Race Day parking

Poquoson High School and Poquoson Primary School.



Poquoson
Education
Foundation



Starting Time & Place

- **8:30 am.** Poquoson High School, 51 Odd Rd.
- Race day registration - 7:00-8:15 am
There will be drinks, food and a raffle post race.

Course

Both events will take place on paved asphalt roads. Finish line results and race support by Peninsula Track Club.

Entry

- **\$25.00** for either event (t-shirt included)
- **\$30.00** on the day of the event
- Donations in lieu of participation accepted
- No PTC passes please

Registration & Payment

- Mail entry and payment to:
Poquoson Education Foundation (PEF)
c/o Happy Pace Races
625 Brandywine Drive
Newport News, VA 23602

5K Awards

Women and Men: Top 3 overall and top 3 in all age groups. (14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

2 Mile Walk Awards

Women and Men: Top 3 overall.

Race Director

Jim Christol
757.766.0945
jchristol1@cox.net

Proceeds

All proceeds will benefit Poquoson Education Foundation and Kiwanis Scholarships as well as Community Educational Initiatives. All race payments and donations go to the Poquoson Education Foundation, a 501 c (3) entity, and are tax deductible to the full extent of the law.

Entry Form

(also available online at www.happypaceraces.com)

Please circle one: 5K run 2 mile walk

First Name (please print) Last Name

Street Address

City State Zip

Home phone Email

Age on race day _____ gender M F

T-shirt size S M L XL (T-Shirts guaranteed for first 250 registrants)

I would like to make a 100% tax deductible donation in the amount of: _____

WAIVER (MUST BE SIGNED) I know that participating in a running road race is a potentially hazardous activity. I should not enter and participate unless I am 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 participating in this runner activity including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/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 application, I, for myself and anyone entitled to act in my behalf, waive and release any and all sponsors including but not limited to Peninsula Track Club, Road Runners Club of America, Kiwanis Club of Poquoson, Poquoson Education Foundation, the City of Poquoson, race officials and all other sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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. I also understand that in the event that this race cannot be held due to weather, a refund is not guaranteed.

Signature of the Athlete Date

Signature of Parent (if under 18 years of age)

IF ATHLETE IS UNDER AGE 18: this is to certify that my son/daughter has my permission to compete in the Poquoson Seafood Festival 5K &/or 2 mile walk, is in good physical condition and that race officials have my permission to authorize emergency treatment if necessary.