

I Am Strong
I Am Determined
I Am Courageous
I Am A Runner



I AM FITNESS



I AM 10K and 1 Mile Fun Run

Saturday, January 12, 2013 ■ Newport News Park, Virginia

Onsite registration: 8:00 AM
Fun Run: 9:00 AM
I AM 10K: 10:00 AM
Awards: 12:00 PM

Location: Newport News Park at Old Stable Road

Entry Fees:

\$25.00 Premium (Shirt, Medal, Glow in the dark safety bracelet)

\$8.00 No Frills (No shirt, bracelet or medal)

\$10.00 Fun Run (Shirt, Medal)

\$15.00 T-Shirt Only

\$1.00 with PTC Pass (no frills) \$18.00 (shirt, bracelet)



To Register go to:
WWW.Raceit.com

**PTC Passes Accepted
on race day only**

T-Shirt Type: Please circle your shirt selection below

Women's: Small Medium Large XL XXL
Mens: Small Medium Large XL XXL

Youth: Small Medium Large

Last Name: _____ First Name: _____ MI: _____

Age on Race Day: _____ Gender: Male _____ Female: _____

Mailing Address (Include Apt #): _____

City: _____ State: _____ Zip: _____

Email: _____

I know that running or otherwise participating in a road race is a potentially hazardous activity that could cause injury or death. I understand that I should not enter and participate unless I am able to perform in this event. I am in good health and properly trained. I agree and will abide by any decision of a race official relative to any aspect of my participation in this event including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in this event including but not limited to: falls contact with other participants, events of weather, high or low temperatures, humidity, traffic or road conditions; all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, and radio headsets are prohibited and I will abide by this guideline. 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 I Am Fitness LLC, Peninsula Track, Newport News Park, City of Newport News and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness 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 recording of this event for any legitimate purpose.

Signature _____ Parent if less than 18 years old: _____