



Race Dates:

Tuesday June 25 – 4 Miles
(6:30 PM Start)

Tuesday July 9 – 4 Miles
(6:30 PM Start)

Saturday July 20 – 6 Miles
(9:00 AM Start)

When: Tuesday June 25@ 6:30 PM (4 miles)
Tuesday July 9 @ 6:30 PM (4 Miles)
Saturday July 20 @ 9:00 AM (6 Miles)

Registration opens 45 minutes prior to each race and closes 5 minutes prior to race start.

Entry Fees:

Series Entry \$40 postmarked by June 1st or \$45 thereafter

Entitles runner entry to all 3 races, one race **Performance** T-shirt and a special TRAILZILLA item!

Single Race Entry: \$12 postmarked 5 days prior to event or \$15 thereafter.

Entitles runner to one race and one race T-shirt – a runner may choose to enter their second race for an entry of \$5 w/o a t-shirt.

High School Athletes may enter for \$3/race but will not receive a race T-shirt.

Awards: Awards will be given to the top 8 Men and Women overall, the top 3 masters men and women, top 2 senior men and women and top 3 youth (14 and under) male and female for each race. Series awards will be based on the number of participants. Runners must complete all three races to be eligible for a series award.

Information: Call Dave Venable 757-369-1618, Rick Hartung 757-838-2853

Mail entries to: Dave Venable, 504 Railway Road Yorktown Va. 23692

Make Checks payable to: Dave Venable

**All Proceeds benefit
Bethel H.S.
Cross Country**

First Name: _____ Last Name: _____ Age: _____ M / F

Runners Agreement Waiver, Release & Acknowledgement

All runners are required to sign this waiver:

I know that running a trail race is a potentially hazardous activity. I should not enter and run 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 risk associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, including, high heat or humidity, traffic and the conditions of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Hampton, Sandy Bottom Nature Park, Peninsula Track Club, Road Runners Club of America, Bethel High School, all sponsors, their representatives and successors from all 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. This is a trail race conducted under the rules of the RRCA and USTAF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

Signature: _____ Date: _____

Signature (parent/guardian if runner is under 18): _____ Date: _____

Sandy Bottom Nature Park is located at the intersection of Big Bethel Road and Hampton Roads Center Parkway in Hampton Va. Registration will be at the shelter closest to the Big Bethel Road entrance.

