



## 8TH ANNUAL VIRGINIA 24-HOUR RUN FOR CANCER

# 24-Hour Ultra Run & Relay

APRIL 16-17, 2011  
SANDY BOTTOM NATURE PARK  
HAMPTON, VA

*Entry Deadline: April 9, 2011*

OPEN to INDIVIDUALS or  
TEAMS of 2 through 12  
*Walkers Welcome*

RACE DAY CHECK-IN AT 6:15AM  
RACE BEGINS AT 7:00AM, APRIL 16  
AND STOPS AT 7:00AM, APRIL 17

**Awards: Special engraved plaques to 1st place male and female**

(Course Records: Male: 125 miles; Female: 101.25 miles)

**Wooden Plaques for all runners who complete 50, 75, or 100 miles**

**T-Shirts for all entrants • Miles included if runners complete another race the same day**

**Volunteer lap counters will be provided • Runners will be on a flat 3.75 mile all dirt nature park trail**

**Bring flashlights for night running • On-site liquid refreshments provided**

**Runners must provide their own food • Camping sites available: (757) 825-4657**

**Pacers allowed after dark**

FOR MORE INFO: GEORGE NELSEN: (757) 874-4635; NELSENGEORGE@MSN.COM



peninsula track club

### OFFICIAL ENTRY FORM

#### RELEASE and WAIVER

NAME (Print) \_\_\_\_\_ GENDER: M F AGE ON RACE DAY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

EVENT (Circle One): RUN RELAY RUN TEAM SIZE \_\_\_\_\_

REGISTRATION FEE: INDIVIDUAL (\$75+) TEAM (\$300+) TEAM NAME: \_\_\_\_\_

PERSONAL CHECK: \_\_\_\_\_

DONATIONS COLLECTED: \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_ \$ \_\_\_\_\_

MAIL ALL TEAM ENTRIES TOGETHER  
(ONE FORM EACH)

MAKE CHECKS OUT TO: AMERICAN CANCER SOCIETY (ALL \$\$ TAX DEDUCTIBLE)

MAIL CHECKS & ENTRY FORM TO: GEORGE NELSEN, ATTN: 24 HR RUN, 407 BELTON PLACE, NEWPORT NEWS, VA 23608

**ALL REGISTRATIONS MUST BE POSTMARKED BY APRIL 9, 2011 — ADD \$25 TO ENTRY FEE THEREAFTER**

EMERGENCY CONTACT: NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

LONGEST DISTANCE RUN IN LAST 12 MONTHS: \_\_\_\_\_ MEDICAL CONDITIONS: \_\_\_\_\_

I know that running a long endurance race is a potentially hazardous activity. I should not enter such a 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 risks associated with running this event, including, but not limited to falls, contact with other participants, weather effects such as heat & humidity, and the conditions of the route, all such risks being known & appreciated by me. Having read this waiver & knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the City of Hampton, Peninsula Track Club, Sandy Bottom Nature Park, Road Runners Clubs of America (RRCA), American Cancer Society, 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 record of this event for any legitimate purpose.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_