

STARTING LINE:

Peterson Yacht Basin, across from
Greater Joy Church, on Walnut Avenue

FINISH LINE:

Riverside Rehabilitation Institute

ENTRY FEES:

5K Run or Walk, Wheelchair Race

- \$18 pre-registration (postmarked by April 30, 2011)
- \$22 pre-registration (postmarked after April 30, 2011)
- \$25 registration morning of race

1 Mile Fun Run / Roll/ or Walk

FREE to participate. \$10 if you would like to receive a t-shirt.

Checks payable to **RRI's 5K By The Bay** or register online
at www.riversideonline.com/RRI (no charge) or www.active.com (\$2 fee)

AWARDS:

Wheelchair	<i>Top 3 finishers</i>
Run	<i>Top 3 overall male and female</i> <i>Top 3 male and female age group: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over</i>
Walk	<i>Top 3 male and female finishers</i>

EVENTS / TIMES:

8:00 am	REGISTRATION
To 8:45 am	Check in at Peterson Yacht Basin. Race Day Registration ends promptly at 8:45am.
8:30 am	1 Mile Fun Run/Roll/or Walk
9:00 am	5K Run, Wheel, or Walk
10:30 am	Awards Presentation

DIRECTIONS: From Interstate 64: Exit 264 to I-664 South. Take Exit 3, Aberdeen Road and turn left at traffic light at bottom of ramp. Pass through 3 traffic lights and turn right onto 19th Street. Continue to Walnut Avenue. Parking is at Peterson Yacht Basin.

INFORMATION: For more information, contact Mary Murray
at Mary.Murray@rivhs.com or www.riversideonline.com/RRI

DETACH ENTRY FORM AND MAIL WITH PAYMENT TO:

5K By The Bay
Riverside Rehabilitation Institute
245 Chesapeake Avenue
Newport News, VA 23607

**Early packet pick-up
will be held at
Riverside Rehabilitation Institute
245 Chesapeake Avenue
Newport News, VA 23607
Friday, May 6th
Noon - 7pm**

**T-Shirt* availability and
size are not guaranteed
unless you pre-register.**

ENTRY FORM

PLEASE PRINT

Name _____

Team Name _____

Address _____

City, State, ZIP _____

Phone _____

Email _____

☐ Male ☐ Female Age _____, **PTC Member** ☐ Yes ☐ No

Shirt Size* ☐ Youth Adult: ☐ S ☐ M ☐ L ☐ XL

5K Run:

- ☐ \$18 pre-registration (postmarked by April 30, 2011) \$ _____
- ☐ \$22 pre-registration (postmarked after April 30, 2011) \$ _____
- ☐ \$25 registration morning of race \$ _____

5K Wheelchair Race:

- ☐ \$18 pre-registration (postmarked by April 30, 2011) \$ _____
- ☐ \$22 pre-registration (postmarked after April 30, 2011) \$ _____
- ☐ \$25 registration morning of race \$ _____

5K Walk:

- ☐ \$18 pre-registration (postmarked by April 30, 2011) \$ _____
- ☐ \$22 pre-registration (postmarked after April 30, 2011) \$ _____
- ☐ \$25 registration morning of race \$ _____

☐ **1 Mile Fun Run/Roll/Walk: FREE** (t-shirt, add \$10) \$ _____

TOTAL \$ _____

Enclose check for total payable to **RRI's 5K By The Bay**

All participants MUST read and sign: I know that participating 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 relative to my 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, the 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 Riverside Rehabilitation Institute, Peninsula Track Club and the Road Runners Club of America from all claims or liability of 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 _____

Date _____

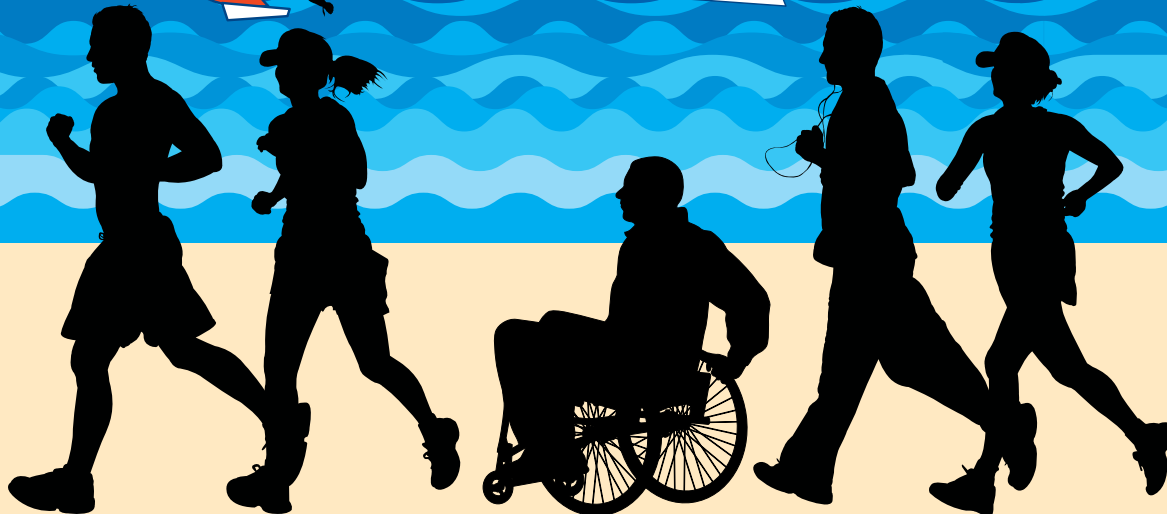
Signature (If participant is under 18, parent/guardian must sign) _____ Date _____

21st Annual 5K By The Bay

RUN • WALK • WHEEL

**SATURDAY
MAY 7, 2011**

Scenic Chesapeake Avenue in Newport News, VA



RIVERSIDE

Rehabilitation Institute



Finish line results and race support provided
by Peninsula Track Club.

The 2011 Rehab 5K will accept PTC race passes.



Find us on Facebook
for updates. 

Proceeds to benefit Saint Francis
Service Dogs, an organization which
raises and trains service dogs for
children and adults with emotional
and physical disabilities.



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SERVICE DOGS

WATER STOP • MILE MARKERS • T-SHIRTS • PRIZES / RAFFLES • POST-RACE MUNCHIES • AWARDS FOR ALL CATEGORIES