



October 8, 2011

8:00am start

**2011 PHOEBUS
DAYS!!!**

Start/Finish:

**Monitor Lodge No. 197
212 E. Mellen Street,
Hampton, VA**

Monitor Lodge is raising funds to purchase Child ID computers to protect families from missing children. These computers obtain a child's personally identifiable information and produce a comprehensive data package, which is given to the parent or guardian at no cost. This package is instrumental to law enforcement agencies in recovery of missing children. All race proceeds help purchase these \$2,500 Child ID computers, enabling Monitor Lodge to host more Child ID events and better protect and educate parents, guardians, and children.

Race Fees: Early Registration: \$20 through Sept. 27 (*T-shirt guaranteed*)

Regular Registration: \$20 Sept. 28 through Oct. 6

Late Registration: \$25, 6:30am – 7:30am, Oct. 8

Course: From Monitor Lodge to Fort Monroe, through the moated inner fortress, and back.

Register: ONLINE at www.active.com, search for Monitor Lodge Child ID 5k. Mailed registrations postmarked by Sept. 27 and checks payable to Monitor Lodge No. 197.

Packet Pick up: 2:00pm – 8:00pm, Friday, October 7 at Monitor Lodge No. 197 at 212 E. Mellen Street, Hampton, VA 23663. Photo identification required.

Awards: Top three male & female overall and top three male & female in each age group will receive an award. 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Parking: Available on street and in designated areas. Phoebus Days celebration will limit parking and roads may be closed, so arrive early. Race starts and ends at Monitor Lodge.

Sponsors: Donations are greatly appreciated and directly support our charity. Review www.active.com and contact Alan J. Rogers, Race Director, at rogers.alan.j@gmail.com or Joe Grist, Fundraising Chairman, at jgrist2001@yahoo.com for more information.

Race Registration and Waiver

I know that running a race is a potentially hazardous activity. I should not enter to run unless you are 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, the effects of weather, including high heat or humidity, conditions of running surfaces, all risks being known and appreciated by me. I understand the race is not intended for individuals with headphones, dogs on leashes, skateboards or skates, and I will abide by these guidelines. 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 Fort Monroe Authority; Phoebus Improvement League; Hampton Police Department; City of Hampton; Monitor Lodge No.197; race officials; volunteers; all sponsors and their representatives and successors from 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, such as event promotion. Parent or guardian must sign if applicant is under 18. No refunds, exchanges, or transfers allowed.

****Mail form and payment to Alan J. Rogers, 117 Silver Isles Blvd, Hampton, VA 23664; checks payable to Monitor Lodge No. 197****

Name (First, MI, Last) _____

Address _____ City _____ State _____ Zip _____ Telephone _____

Age _____ Birth Date _____ Sex: M ___ F ___ Email (please print clearly) _____

T-shirt size (check one): S ___ M ___ L ___ XL ___ XXL ___ (add \$3 to entry fee for XXL)

Applicant or Guardian Signature _____ Date _____

