



Bull Island 4-Miler

May 14, 2011

8:30 AM Start

Run with the Bulls



Location: Poquoson Yacht Club
417 Messick Road
Poquoson

T-shirts: Short sleeve, guaranteed to first 300 registrants

Start Gun: 8:30AM Chute closes
9:50AM

Registration: Online at www.happypaceraces.com or at www.active.com.

Fees: \$20 by April 29th
\$25 late registration

Race Director: Laura Cvitanovich, Happy Pace Races
757-784-0960

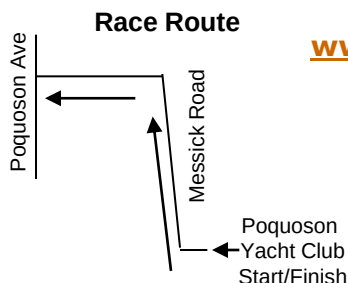
Packet Pickup: To Be Determined

Awards: Overall Male and Female;
First Male and Female – 11& U,
through 12–15, 16–19, 20–24,
Third 25–29, 30–34, 35–39,
40–44, 45–49, 50–54,
55–59, 60–64, 65– 69, 70+

This is a family event - Walkers and Runners are welcome! Set your PR at a new distance!



PTC Race Passes Accepted
Race course not certified;
measures slightly less than 4 miles



Visit
www.happypaceraces.com
for race info.



Finish Line results and race support provided by The Peninsula Track Club

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ DATE OF BIRTH _____ MALE _____ FEMALE _____

T SHIRT SIZE (circle one) S M L XL XXL (\$2.00 EXTRA) Guaranteed to first 300 registrants

PHONE _____ EMAIL _____

Including your email address will insure that you receive timely race information and updates.

Race Registration \$ _____ +Extra Breakfast Tickets \$ _____ = Total \$ _____

Payable to:
Happy Pace Races
625 Brandywine Dr.
Newport News, VA
23602

Extra Breakfast
Tickets for Family Members
\$5 each

(WAIVER) I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the affects of the weather, including high heat and/or humidity, and the condition of the road --all risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim of my behalf, covenant not to sue, and waive release and discharge Happy Pace Races LLC, city of Poquoson, The Poquoson Athletic Association, the Peninsula Track Club, The Road Runners Club of America, Officials, Volunteers, any and all sponsors--including their agents, employees, assigns, or anyone acting on their behalf, from all and any claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known, or unknown. The undersigned future grants full permission to Happy Pace Races, LLC and/or its agents authorized by them to use my photographs, videotapes, motion pictures, recording or any other record of this event for any purpose. Applications for minors will be accepted only with parent's signature.

SIGNATURE OF ATHLETE

DATE

SIGNATURE OF PARENT (IF UNDER 18)