TRANSITIONS

FAMILY VIOLENCE SERVICES

A pathway to safety... a source of hope

Presents:

A 5K Run/Walk to End Domestic Violence

Saturday, September 10, 2011

Peninsula Track Club

Location:	Matteson Trail 320 Butler Farm Road Hampton, VA 23666	T-Shirts:	Short sleeved, guaranteed to the first 200 registrants
Fees:	$20 Pre-registered, postmarked by Friday, August 26, 2011 $25 Late or race day registration PTC PASSES ACCEPTED	Packet Pickup:	September 9, 2011, 4:00 pm - 6:00 pm ECPI University 1001 Omni Blvd Newport News, VA 23606
Start Times:	7:30 am Race day registration 8:30 am Race start 9:30 am Award ceremony	Race Director:	Heidi Olson, 757.722.2261 Holson@Transitionsfvs.org

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

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Registration Form

Make checks payable to: Transitions Family Violence Services

Mail this form and check to: Transitions Family Violence Services
P.O. Box 561, Hampton, VA 23669

RRCA
ROAD RUNNERS CLUB OF AMERICA

Select: ____ 5K Run/walk
____ I would like to enclose an additional 100% tax-deductible donation of $__________
____ I can not attend. Please accept my enclosed donation of $ __________

Please Print

Name ______________________________ **M** ___ **F** ___ **Age (on race day)** ____

Address ______________________________

City/State/Zip ______________________________ **Telephone** __________

Circle T-Shirt Size S M L XL **Email** ______________________________

I know that running/walking a road race is a potentially hazardous activity. I should not enter a race 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 risk associated with running/walking in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risk being known and appreciated by me. I also give permission for my photo to be taken, and to be used for future publicity purposes of this race. Having read this waiver, knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Transitions Family Violence Services, the Road Runners Club of America, the Peninsula Track Club, the City of Hampton, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature ______________________________ **Date** __________

Parent Signature ______________________________ **Date** __________

ALL PARTICIPANTS MUST SIGN WAIVER. PARENT/GARDIAN REQUIRED IF UNDER 18