

Tabb High School May Day 5K

April 30, 2016

Walkers Welcome!!

Race Information:

Race starts at 8:00 a.m. next to Tabb High School.

(No official times after 9:30 a.m.)

Race day registration & packet pickup 6:30 a.m. to 7:30 a.m.

Proceeds to benefit:

All proceeds from the race will purchase equipment, field and track maintenance, and provide opportunities for the members of the Tabb High School Athletic Teams.

Entry Fees:

\$20 pre-registration postmarked by April 20th

\$25 after April 21st and race day

PTC Race Passes accepted

Awards: Medals

Top 3 Overall Male and Female

Top 3 Male and Female Masters

Top 3 Male and Female Age Groups:

12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over

Top 3 Male and Female Walkers



Peninsula Track Club

FINISH LINE results and race support provided by the Peninsula Track Club.



Make Checks Payable To: Tabb High School

Mail registration and payment to: Tabb High School, c/o Susan Wiker, 4431 Big Bethel Rd., Yorktown, VA 23693

No Refunds, Exchanges or Transfers

First Name _____ MI _____ Last Name _____
Street Address _____
City _____ State _____ Zip Code _____
Phone _____ Email _____
T-Shirt Size: S M L XL XXL (T-Shirts guaranteed to first 200 registrants)
Age on Race Day (W if Walker): ____ THS Student: Y / N Grade: ____ Gender: M / F PTC Member: Y / N

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 agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risk associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and conditions of the road, all such risks 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 Tabb High School, York County School Division, York County, Peninsula Track Club, Road Runners Club of America, and 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 other record of this event for legitimate purpose. This is a road race conducted under the rules of RRCA and USATF; it is not intended for individuals with baby strollers, dogs on leashes, skates or rollerblades. No partial or full refunds.

Runner's Signature _____ Date _____

Signature of Parent / Guardian (Under 18 years old) _____ Date _____

Directions:

From I-64 — Take Exit 256B (Route 171 East / Victory Blvd.). Left at Big Bethel Rd.

Tabb High School is on your immediate left.

From Gloucester — Take Route 17 south over the Coleman bridge. Left at Victory Blvd (Wal-Mart).

Left at Big Bethel Rd. Tabb High School is on your immediate left.

Parking:

Park in the Tabb High School parking lots. If the High School lots are filled, park on the surrounding streets.

We strongly recommend that all runners report to race registration by 7:15 am.

Course:

The race starts and ends next to Tabb High School and consists of paved roads.

Race Contacts:

Race Director: Susan Wiker, 757-867-5306, swiker@ycsd.york.va.us

Additional Flyers:

Download and print additional flyers at <http://www.peninsulatrackclub.com>

Refreshments:

Fruit and bottled water will be served at the conclusion of the race.

Unclaimed awards:

Unclaimed awards will not be mailed or stored away.

Thank You to our Race Sponsors



Dr. Phyllis Ross, OTD, OTR/L, CHT, CLT

704 CITY CENTER BLVD.

NEWPORT NEWS, VA 23606

757-595-4880



Yorktown: 757-847-9911



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3212 Hampton Hwy, Ste. A Yorktown, VA
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