



SANDY BOTTOM NATURE PARK

Race Dates:
Tuesday June 12 – 5 K
(6:30 PM Start)
Tuesday June 26 – 4 Miles
(6:30 PM Start)
Saturday July 14 – 5 Miles
(9:00 AM Start)

All Proceeds benefit
Friends of Sandy
Bottom Park



Registration opens 45 minutes prior to each race and closes 5 minutes prior to race start.
PTC Race Passes Accepted. No Refunds.

Entry Fees:

Series Entry \$40 postmarked by June 1st or \$45 thereafter

Entitles runner entry to all 3 races, one race **Performance Singlet**

Single Tuesday Race Entry: \$12 postmarked by 5 days prior to event or \$15 thereafter.

Entitles runner to one race only and NO shirt

Single JOE Zilla Saturday July 14th Entry : \$20 postmarked by July 1st or \$25 thereafter

Entitles runner entry to one race and one race **Performance Singlet**

Awards: Awards will be given to the (male and female categories in all) top 8 overall, the top 3 masters, top 2 senior and top 3 youth (14 and under). The Joe-Zilla will be 3 deep in 5 year age groups, up to as many ages as we have. Series awards will be based on the number of participants. Runners must complete all three races to be eligible for a series award.

Information: Call Thea Ganoe 757-272-2927, Peter Navin 757-876-9815 **Register online at** <https://runsignup.com/trailzilla> **or make a a check payable to The Peninsula Track Club, mail with this form to Thea Ganoe, 4 Timberline Drive, Hampton Va. 23666**

First Name: _____ Last Name: _____ Age: _____ M / F

SHIRT SIZE: S M L XL Date Of Birth: ____/____/____ Email: _____

Runners Agreement Waiver, Release & Acknowledgement All runners are required to sign this waiver:

I know that running a trail 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 the run. I assume all risk associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Hampton, Sandy Bottom Nature Park, Peninsula Track Club, Road Runners Club of America, 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 any legitimate purpose. This is a trail race conducted under the rules of the RRCA and USTAF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

Signature: _____ Date: _____

Signature (parent/guardian if runner is under 18): _____ Date: _____

Sandy Bottom Nature Park is located at the intersection of Big Bethel Road and Hampton Roads Center Parkway in Hampton Va. **Registration will be at Pavillon #3.**