



Race Dates:
Tuesday June 11 – 5 K
(6:30 PM Start)
Tuesday June 25 – 4 Miles
(6:30 PM Start)
Saturday July 13 – 5 Miles
(9:00 AM Start)

All proceeds after expenses go to 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 1 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 13th Entry : \$20 postmarked by July 1 or \$25 thereafter

Entitles runner to Joe-Zilla race and one race **Performance Singlet**

NEW THIS YEAR: PTC Members can register their child (15 and under) to run with them **FREE!** It does not include the singlet but we plan to have finisher medals for all children who finish. Please fill out a registration form for them to be entered in the same events as you.

Awards: Awards will be given to the top 8 men and women overall, the top 3 masters men and women, top 2 senior men and women and top 3 youth (14 and under) male and female for Tuesday night races. For Joe-Zilla, awards will be 3-deep in 5-year age groups, up to as many ages 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 Ganoë 757-272-2927, Peter Navin 757-876-9815

Register online at <https://runsignup.com/trailzilla> or send this form and a check payable to The Peninsula Track Club to: **Thea Ganoë, 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 USATF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

Signature: _____ Date: _____