

# 11<sup>TH</sup> ANNUAL MENCHVILLE

# WINTER CHILL 5K

## RUN / WALK JANUARY 21, 2023

### LOCATION/START TIME

Menchville High School  
275 Menchville Road  
Newport News, Va.  
8:00 am Registration  
9:30 am 5K Start

### ENTRY FEES

\$20 (before Dec. 16, 2022)  
Newport News Public  
School Students  
Teachers, and Staff (with ID)  
\$25 Preregistration by Dec. 16, 2022  
\$30 After Dec. 16, 2022  
PTC race passes accepted



SCAN TO  
REGISTER

[WWW.MENCHVILLEMUSICDEPARTMENT.COM](http://WWW.MENCHVILLEMUSICDEPARTMENT.COM)

BENEFITING THE MENCHVILLE HIGH  
SCHOOL CHORUS AND BAND

A PTC GRAND PRIX EVENT



### AWARDS

Male and Female: Trophies for top 3  
overall, medals for top 3 in following age group:  
13 & under, 14-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
Commemorative long-sleeve shirt only  
guaranteed to all pre-registrants

### OPPORTUNITIES

Sponsorship  
Vendor space  
Donations are accepted

### CONTACT

Zainab Mustapha  
Zainab.Mustapha@nn.k12.va.us  
Joe Biava  
Juanvaldez345@gmail.com  
(757) 328-4992



## REGISTRATION FORM

Please print clearly. Use one form per person. Make all checks payable to **Menchville High School**.

Mail all forms and checks to:

**Menchville High School, Attn: Zainab Mustapha, Chorus Director, 275 Menchville Rd., Newport News, VA 23602**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Day of Race: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Info: \_\_\_\_\_

Circle Shirt Size: S M L XL XXL Circle Gender: Male or Female

How did you hear about this event? \_\_\_\_\_

### Waiver Agreement:

I know that participating in a 5K run/walk race is a potentially hazardous activity. I will not enter and participate unless I am medically able. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, temperature, humidity, precipitation, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my participation, I, for myself and anyone entitled to act on my behalf, waive and release Menchville High School, City of Newport News, Newport News Parks & Recreation, race officials, volunteers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors, Peninsula Track Club, and Road Runners Club of America of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (for ages 17 and younger) \_\_\_\_\_

### ENTRY FEES

\$25 by 12/16/2022 \_\_\_\_\_

\$30 after 12/16/2022 \_\_\_\_\_

\$20 NNPS students  
teachers, and staff  
(by 12/16/2022) \_\_\_\_\_

Add'l donation  
(optional) \_\_\_\_\_

Total Amount  
Enclosed \$ \_\_\_\_\_