



BOYS & GIRLS CLUBS
OF THE VIRGINIA PENINSULA

EMPOWERING TOMORROW'S LEADERS.



peninsulatrackclub

A PENINSULA TRACK CLUB

17th Annual

**Smart
Smiles 5K**



5K

**GRAND PRIX
RUN / WALK**

7 AM RACE DAY REGISTRATION & PACKET PICK UP | 8 AM 5K WALK/RUN
9:15 AM AWARDS, DOOR PRIZES, & CELEBRATION | MARINERS' MUSEUM & PARK

**AUGUST
17**



**PARKING IS ONSITE!
CARPOOLING IS
ENCOURAGED!**

**COMPETITIVE WALKERS,
RUNNERS, AND
"JUST FOR FUNNERS"
WELCOME!**

Be the reason a child smiles!

Smart Smiles stem from wise decisions – especially those concerning health. Prioritizing both physical and emotional well-being, Boys & Girls Clubs of the Virginia Peninsula offers comprehensive health and wellness programs to members aged 6-18. From collaborating with Mobile Dentists for on-site dental care to teaming up with local culinary experts for nutritious cooking sessions and ensuring access to counseling services, our initiatives aim to empower tomorrow's leaders. Proceeds from our Smart Smiles 5K directly support equipping children throughout the Virginia Peninsula with essential resources for success and indispensable education for growth and holistic health.

| | | |
|--------------------------|--------------------|--|
| GENERAL ADMISSION | TEAMS OF 3+ | MILITARY, STUDENT, & UNDER 18 |
| \$30 | \$20/MEMBER | \$20 |

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AUGUST 17, 2024

MARINERS' MUSEUM & PARK

8 AM RACE START



Questions? Contact
Steph Wood, Director of
Marketing & Special Events
(757) 223-7204 ext. 102

SPONSORSHIP
OPPORTUNITIES AVAILABLE
@ BAGCLUB.COM

ONLINE REGISTRATION AVAILABLE @ BAGCLUB.COM

You may also mail complete registration forms with check payment to 11825 Rock Landing Dr., Chesapeake Bldg., Newport News, VA 23606. The completed form may also be emailed to swood@bagclub.com. Credit card payment and online registration is also available at www.bagclub.com. Questions? Reach out to Steph Wood, Director of Marketing & Special Events at swood@bagclub.com or via phone (757) 223-7204 ext. 102.

Team Name (if applicable): _____

Teams of 3 or more receive a discounted rate of \$20 per runner. Contact swood@bagclub.com for a discount code if paying online. Teams will be awarded for most participants on race day, fastest overall, and youngest overall.

Last Name: _____ **First Name:** _____ **Phone:** _____

Email: _____ **Age on Race Day:** _____ **Gender:** _____ **M** _____ **F**

Mailing Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Military Branch (if applicable): _____ Please check one: **Walking** _____ **Running** _____

T-shirt Size (circle one): YS YM AS AM AL AXL **(SHIRT SIZES & RACE BAGS ONLY GUARANTEED TO REGISTRATION RECEIVED BEFORE 7/15)**

YES! I would like to make an additional donation of \$ _____ to the Smart Smiles Program and have included that in my registration amount.

Please read the following and sign below

I HAVE READ AND ACKNOWLEDGED AND ASSUMPTION OF RISK, WAIVER, OF LIABILITY IN ITS ENTIRETY BELOW AND I FREELY VOLUNTEER AND EXECUTE THE SAME. I UNDERSTAND THAT I MAY BE WAIVING CERTAIN LEGAL RIGHTS BY EXECUTING THIS DOCUMENT AND I GRANT FULL PERMISSION TO BOYS & GIRLS CLUBS OF THE VIRGINIA PENINSULA AND ITS AGENTS AUTHORIZED BY THEM TO USE MY PHOTOGRAPHS, VIDEOTAPES, MOTION PICTURES, RECORDING, OR ANY OTHER RECORD OF THIS EVENT FOR ANY PURPOSE.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND WAIVER OF LIABILITY: I know that walking or running in a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume any and all other risks associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads-all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge the City of Newport News, Boys & Girls Clubs of the Virginia Peninsula Foundation, Boys & Girls Clubs of the Virginia Peninsula, The Mariner's Museum, The Peninsula Track Club, Delta Dental of Virginia, Race Officials, Volunteers, and any and all sponsors - including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind of nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver of extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____



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peninsula**trackclub**

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- WAYS TO ENGAGE**
- Become a Sponsor.
 - Become a Vendor.
 - Join the BGCVP 'Couch to 5K' Facebook Group.

| | | |
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**FREE
TO ALL BGCVP
CLUB MEMBERS**

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