



Start Times

1 mile – 8:00 AM
5K – 8:45 AM

For More Info Contact:

Brett Smiley
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Saturday, June 4, 2016

8:00 a.m. (1M), 8:45 a.m. (5k)

Virginia Wesleyan College



The course is disability friendly and open to all levels of ability and mobility. Walkers welcome.

Registration:

- By mail with completed application & check to: (before 5/31)
Eggleston Services OK5K
1161 Ingleside Rd., Norfolk, VA 23502

Entry Fees:

5K: \$30 (\$35 after 6/1)
1M: \$15
Both: \$40

- On-site Race Day Registration beginning at 7 a.m.

Packet Pick-Up:

Pre-registrants may pick up their packets on Friday, June 3rd between 3–7 PM at:
Running Etc., 1940 Laskin Rd., Virginia Beach

Divisions/Awards

5K:

Tidewater Striders Grand Prix qualifying event
Top 3 Overall Male/Female
Top 3 Male/Female in age categories
Top 3 Walkers

1M:

Youth Grand Prix event
Top 3 Overall Male/Female
Top 3 Male/Female in age categories
Top 3 Walkers

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Post Race Festivities:

Post-Race awards ceremony and raffle. Post-Race refreshments provided.

Inclement Weather

The race director reserves the right to alter or cancel portions of the race as deemed necessary for safety reasons.

Please make checks payable to Eggleston Services

Last Name _____ First Name _____

Address _____ City, State & Zip _____

Phone _____ Email _____

Gender: Male _____ Female _____ T-Shirt size (circle one) S M L XL or Youth S(6/8) M(10/12) L14/16)

Age on race day _____ Date of birth _____

Check race(s) running: 5K - \$30 1 mile - \$15 Both races - \$40 Total Amount enclosed: \$ _____

I'd like to make an additional donation to Eggleston in the amount of: \$ _____ (enclosed)

Mail entry to: **Eggleston Services OK5K; 1161 Ingleside Rd., Norfolk, VA 23452**

I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Eggleston Services, the City of Norfolk, Virginia Wesleyan College, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from 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 race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. Race Held Rain or Shine.

Signature _____ Date _____ (Parents Sig. If Under 18) _____