

STARTING LINE:

Peterson Yacht Basin, across from
Greater Joy Church, on Walnut Avenue

FINISH LINE:

Riverside Rehabilitation Institute

ENTRY FEES:

5K Run or Walk, Wheelchair Race

\$20 pre-registration (postmarked before April 27, 2012)
\$25.00 registration (postmarked after April 27, 2012) and morning of race

1 Mile Fun Run / Roll/ or Walk

FREE to participate. \$10 if you would like to receive a t-shirt.

Checks payable to **RRI's 5K By The Bay** or register online
at www.riversideonline.com/RRI (no charge) or www.active.com (\$2 fee)

AWARDS:

Wheelchair	<i>Top 3 finishers</i>
Run	<i>Top 3 overall male and female</i>
	<i>Top 3 male and female age group: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over</i>
Walk	<i>Top 3 male and female finishers</i>

EVENTS / TIMES:

8:00 am	REGISTRATION
To 8:45 am	Check in at Peterson Yacht Basin. Race Day Registration ends promptly at 8:45am.
8:30 am	1 Mile Fun Run/Roll/or Walk
9:00 am	5K Run, Wheel, or Walk
10:30 am	Awards Presentation

DIRECTIONS: From Interstate 64: Exit 264 to I-664 South. Take Exit 3, Aberdeen Road and turn left at traffic light at bottom of ramp. Pass through 3 traffic lights and turn right onto 19th Street. Continue to Walnut Avenue. Parking is at Peterson Yacht Basin.

INFORMATION: For more information, contact Mary Murray
at Mary.Murray@rivhs.com or www.riversideonline.com/RRI

**DETACH ENTRY FORM AND
MAIL WITH PAYMENT TO:**

5K By The Bay
Riverside Rehabilitation Institute
245 Chesapeake Avenue
Newport News, VA 23607

**Early packet pick-up
will be held at
Riverside Rehabilitation Institute
245 Chesapeake Avenue
Newport News, VA 23607
Friday, May 4th
Noon - 7pm**

**T-Shirt availability and
size are not guaranteed
unless you pre-register.**

Register online at www.riversideonline.com/RRI

ENTRY FORM

PLEASE PRINT

Name _____

Team Name _____

Address _____

City, State, ZIP _____

Phone _____

Email _____

Male Female Age _____, **PTC Member** Yes No

Shirt Size* Youth Adult: S M L XL

5K Run:

\$20 pre-registration (postmarked before April 27, 2012) \$_____

\$25.00 registration (postmarked after April 27, 2012) and morning of race \$_____

5K Wheelchair Race:

\$20 pre-registration (postmarked before April 27, 2012) \$_____

\$25.00 registration (postmarked after April 27, 2012) and morning of race \$_____

5K Walk:

\$20 pre-registration (postmarked before April 27, 2012) \$_____

\$25.00 registration (postmarked after April 27, 2012) and morning of race \$_____

1 Mile Fun Run/Roll/Walk: FREE (t-shirt, add \$10) \$_____

TOTAL \$_____

Enclose check for total payable to **RRI's 5K By The Bay**

All participants MUST read and sign: I know that participating in a road race is a potentially hazardous activity. I should not enter 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 race. I assume all risks associated with taking part in this event, including but not limited to, falls, contact with other participants, the effects of the weather including heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Riverside Rehabilitation Institute, Peninsula Track Club and the Road Runners Club of America from all claims or liability of any kind arising out of my participation in this event. I grant permission to any sponsor of the race to use my photographs, videos, recording of this event for legitimate purposes.

Signature Date

Signature (If participant is under 18, parent/guardian must sign) Date

22nd Annual 5K By The Bay

RUN • WALK • WHEEL



SATURDAY MAY 5, 2012

Scenic Chesapeake Avenue in Newport News, VA

Register online at www.riversideonline.com/RRI



RIVERSIDE

Rehabilitation Institute

Find us on Facebook for updates. 

Proceeds to benefit the Riverside Rehabilitation Institute Giving Fund, which benefits patients that need assistance with their medical care.



peninsula track club

Finish line results and race support provided by Peninsula Track Club.

The 2012 Rehab 5K will accept PTC race passes.



WATER STOP • MILE MARKERS • T-SHIRTS • POST-RACE MUNCHIES • AWARDS FOR ALL CATEGORIES