



Chick-fil-A®



Presented by

C&F Bank
Focused on You

Fifth Annual

2012 Chick-fil-A 5K



2012 Chick-fil-A 5K

May 26, 8:30 a.m. • The Mariners' Museum

Register at www.cfa5k.com

FLAT-OUT EVENTS



2012
RUNNING
of the COWS
Chick-fil-A
Family Fun Run



PACKET PICK-UP

May 24th (Thurs) 9 AM – 7 PM
 May 25th (Fri) 9 AM – 7 PM

Location:

Chick-fil-A at Victory Boulevard
 5003-A Victory Boulevard • Yorktown, VA 23693

RUNNER PERKS

- Technical shirt for the first 1,000 registered
- Custom Running of the Chick-fil-A Cows finisher medal for the kids
- Yummy Chick-fil-A Chicken Sandwich and other goodies at the finish
- Family Festival post-race

CHICK-FIL-A 5K RACE FEES

- \$25: Now thru Jan 1
- \$30: 1/2 - 5/1
- \$32.50: 5/2 - 5/23
- \$35: During Packet Pick-up (5/24-25) & Race Day

RUNNING OF THE CHICK-FIL-A COWS

The Running of the Chick-fil-A Cows is a half-mile family fun run. Open to kids of all ages, this family-friendly event includes all the same fun and excitement as the 5K, plus an entire herd of Chick-fil-A Cows!



REGISTRATION

Register online at www.CFA5k.com or use the form below

PLEASE PRINT LEGIBLY

FIRST NAME (Please print) _____ LAST NAME _____

MAILING ADDRESS (include apt. number) _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

TELEPHONE _____ BIRTH DATE _____

GENDER: M F SHIRT SIZE: S M L XL XXL IS THIS YOUR FIRST 5K? Y N

AVERAGE MILE TIME: _____ HOW DID YOU HEAR ABOUT THIS RACE? _____



PAYMENTS & CHECKLIST

Return your completed application with a check made out to:

Flat-Out Events

11712 Jefferson Ave., Suite C-471
 Newport News, VA 23606

Event Registered for:

- Chick-fil-A 5K _____
- Running of the Chick-fil-A Cows _____
- Both Races _____
- TOTAL AMOUNT ENCLOSED:** _____

(WAIVER) I know that running 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 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 heirs, 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, Chick-fil-A, The Mariners' Museum, Ascent Business Media, Flat-Out Events, Christopher Newport University, 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 or nature whatsoever arising out of or in the course of my participation of this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

The undersigned future grants full permission to Chick-fil-A, Flat-Out Events, Ascent Business Media, an/or their agents authorized by them to use my photographs, videotapes, recording or any other record of this event for any purpose. Applications for minors will be accepted only with parent's signature.

Signature of Athlete / Parent (if under 18)

IF ATHLETE IS UNDER 18: This is to certify that my son/daughter has my permission to compete in the Chick-fil-A 5K or the Running of the Chick-fil-A Cows.

Sponsors



Health Journal

