



7TH ANNUAL VIRGINIA 24-HOUR RUN FOR CANCER

**24-Hour
Ultra Run
& Relay**

**APRIL 17-18, 2010
SANDY BOTTOM NATURE PARK
HAMPTON, VA**

Entry Deadline: April 10, 2010

**OPEN to INDIVIDUALS or
TEAMS of 2 through 12
Walkers Welcome**

**RACE DAY CHECK-IN AT 6:15AM
RACE BEGINS AT 7:00AM, APRIL 17
AND STOPS AT 7:00AM, APRIL 18**

**Awards: Special engraved plaques to 1st place male and female
(Course Records: Male: 120 miles; Female: 95.75 miles)**

Wooden Plaques for all runners who complete 50, 75, or 100 miles

T-Shirts for all entrants • Miles included if runners complete another race the same day

Volunteer lap counters will be provided • Runners will be on a flat 3.75 mile all dirt nature park trail

Bring flashlights for night running • On-site liquid refreshments provided

Runners must provide their own food • Camping sites available: (757) 825-4657

Pacers allowed after dark

FOR MORE INFO: GEORGE NELSEN: (757) 874-4635; NELSENGEORGE@MSN.COM



OFFICIAL ENTRY FORM

RELEASE and WAIVER

NAME (Print) _____ GENDER: M F AGE ON RACE DAY: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____ E-MAIL: _____

EVENT (Circle One): RUN RELAY RUN TEAM SIZE _____:

REGISTRATION FEE: INDIVIDUAL (\$75+) TEAM (\$300+) TEAM NAME:

PERSONAL CHECK: _____

DONATIONS COLLECTED: _____

TOTAL ENCLOSED:\$ _____ \$ _____

**MAIL ALL TEAM ENTRIES TOGETHER
(ONE FORM EACH)**

MAKE CHECKS OUT TO: AMERICAN CANCER SOCIETY or PANCREATIC CANCER ACTION NETWORK (ALL \$\$ TAX DEDUCTIBLE)

MAIL CHECKS & ENTRY FORM TO: GEORGE NELSEN, ATTN: 24 HR RUN, 407 BELTON PLACE, NEWPORT NEWS, VA 23608

ALL REGISTRATIONS MUST BE POSTMARKED BY APRIL 10, 2010 — ADD \$25 TO ENTRY FEE THEREAFTER

EMERGENCY CONTACT: NAME: _____ PHONE: _____

LONGEST DISTANCE RUN IN LAST 12 MONTHS: _____ MEDICAL CONDITIONS: _____

I know that running a long endurance race is a potentially hazardous activity. I should not enter such a run 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 run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, weather effects such as heat & humidity, and the conditions of the route, all such risks being known & appreciated by me. Having read this waiver & knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the City of Hampton, Peninsula Track Club, Sandy Bottom Nature Park, American Association of Running Clubs, American Cancer Society, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any record of this event for any legitimate purpose.

SIGNATURE: _____ DATE: _____