



"Live By Example" 5K Rescue Run

Virginia Beach Association of Rescue Squad Volunteers

First Annual 5K and 1 Mile Fun Run/Walk




RACE COURSE

Saturday, June 27, 2009 – Races begin at 9:00 am!!

The race course is set along the beautiful Virginia Beach Oceanfront. It begins at 24th Street/Atlantic Avenue continues on around the loop and carries back onto the Boardwalk ending at approximately 24th Street. Come and enjoy a day with your Virginia Beach EMS volunteers! We are striving to "Live By Example" and welcome you to join our mission as we celebrate health and wellness!

REGISTRATION

Early registration fee postmarked by June 25, 2009 or completed online through  is **\$25.00** for either race. (\$30.00 after June 25, 2009) Children ages 10 and younger **\$15.00** for either race (\$20.00 after June 25, 2009). Race day registration opens at 7:45 am at 24th Street Boardwalk.

RACE TIMES

1 Mile Fun Run/Walk begins promptly at 9:00 am -- 5K Rescue Run begins at 9:30 am

AWARDS

T-shirts guaranteed to all **pre-registered** participants. Each runner receives one raffle ticket for post race prizes. Medals will be awarded to the top 3 male/female runners in each race overall and in each race age group. Ribbons to all participants in the 1 mile race. Awards ceremony to begin at 10:45 am. Stick around for some refreshments and raffle prizes! Enjoy the beach!

There will be an early bird check in party Friday June 26, 2009 the night before the race at Croc's 19th Street Bistro from 6:00 pm – 9:00 pm. (19th Street/Cypress Avenue)

AGE GROUPS

5K - Male 9 & under, 10-13, 14-17, 18-29, 30-39, 40-49, 50-59, 60+. **5K** - Female 9 & under, 10-13, 14-17, 18-29, 30-39, 40-49, 50-59, 60+.

1 Mile Fun Run/Walk - Male 6 & under, 7-9, 10-13, 14-17, 18+. **1 Mile Fun Run/Walk** - Female 6 & under, 7-9, 10-13, 14-17, 18+.

RACE DIRECTORS: Danielle Tejchman (dtejchman@hotmail.com) and Mark Crews (crews@stacfitness.com)

Make checks payable to: Virginia Beach Association of Rescue Squad Volunteers

Last Name: _____ First Name: _____

Address: _____ City/State/Zip _____

Phone: _____ Email: _____

Select the race you are entering (or both) 1 Mile Fun Run/Walk _____ 5K Rescue Run _____

Gender: Male _____ Female _____ T-Shirt Size (circle one) Adult S M L XL 2XL or Youth S M L

Age on race day: _____ Date of Birth: _____

Mail entry form to: VBARSV "Live By Example" 5K Rescue Run 2408 Princess Anne Road Virginia Beach, VA 23456

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 the 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 operations 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 VBARSV, STAC Fitness, the City of Virginia Beach, 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 forgoing 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.

Signature: _____ Date: _____ (Parents Sign if under 18)

No Refunds, Exchanges, or Transfers. Race Held Rain or Shine.