



Race Proceeds Go to Regional Youth Running Programs.

Tidewater Striders, one of the largest running organizations in the United States, is a 501c(3) non-profit club. This all-volunteer organization's mission is to promote fitness and healthy lifestyles through running. The Striders will distribute the proceeds from this race to youth running programs throughout the region to enhance youth fitness and reduce child obesity throughout the region.

At a minimum it will support:

- Girls on the Run
- Lion's Den Youth Running
- RRCA Kids Run the Nation Program
- Striders Youth Grand Prix Series 1-Mile Races
- New Energy Youth Running Team
- Other Area Cross Country Teams

Race Information

See the 20,000 seat Amphitheater like never before! The race will take runners throughout the venue grounds which includes, the backstage area, walkways, and parking grounds. This flat, fast course will start and finish backstage.

Packet Pick-Up & Late Registration

Checked Flag Audi

2865 Virginia Beach Blvd., Virginia Beach, VA 23452

Friday, September 18th 4:00 – 7:00pm

Saturday, September 19th 10:00am – 2:00pm

Packet Pick Up & Race Day

Registration 7:30 – 8:50

5k Race start- 9:00am

1 Mile Race start-10:00am

All Access Party- 9:30-11:30am



ALL ACCESS 5K

PRESENTED BY



PRODUCED BY



Sunday | September 20, 2009

Verizon Wireless
Virginia Beach Amphitheater



ALLACCESS5K.COM



Participant Perks

- Flat & fast course throughout venue's grounds
- Commemorative Finisher's Award
- Backstage award party
- Live music
- Artist Dressing Room Tours
- Food & Soda & Adult Beverages
- Participant Dri-Balance T-Shirt & Goodie Bag
- Entry to Raffle Prizes

Overall Awards:

Top 3 men and women awards include prize money: \$200- 1st \$100- 2nd \$50- 3rd

Age Group Awards: Top 3 Men & Women: 12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, & 65 & Up will receive commemorative award winner t-shirts and other awards

All Access After Party

Participants will have the chance to celebrate their accomplishment with free food, beverages, and live music. The post race party will also include an award ceremony and raffles. Runners will also be given a chance to tour artist' dressing rooms. Your race number serves as your FREE entry to the party.



RUDY PROJECT
Technically Cool Eyewear™



Name: _____

First MI Last

Gender: Male Female Age: _____

Email: _____ (race day)

Phone: _____

Tech T-Shirt:: S M L XL XXL (gender specific)

Street Address _____

City/State/Zip: _____

Select Event: By 8/1 8/2-9/10 9/11-9/20

AllAccess 5K \$20 \$25 \$30

Mile Fun Run/Walk \$10 \$15 \$20

Register online at www.allaccess5k.com OR mail check and I signed entry to:

AllAccess5K, 1513 Beachview Dr., *Check payable:*

Virginia Beach, VA 23464-7221 *Tidewater Striders*

Race Waiver: Please read this carefully, MUST BE SIGNED!

I know that running a road race is a potentially hazardous activity! I should not enter to run or walk unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants, eating during an athletic event, the effects of weather, including heat and humidity, traffic and conditions of the roads/walkways, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for acceptance of my entry, I for myself and for anyone entitled to act on my behalf, agree to indemnify the Tidewater Striders, LiveNation, Checkered Flag Automotive Group, the City of Virginia Beach, sponsors, volunteers, race management, from any and all claims or liabilities of any kind arising from my participation in this event. I will abide by all guidelines set by race management, including but not limited to, that bikes, skates and other wheeled-devices and animals are not permitted during my participation in this event. I agree that my entry fee is not refundable or transferable for any reason. I also grant permission to all the foregoing to use any photographs, or other recordings or records of this event for any legitimate purpose. Race Director reserves the right to accept or deny any entry.

Signature: _____

(parent or guardian if under 18 years of age)

Date

