



2010 Making a Difference 8K & 3K Run/Walk Entry

Complete entire form. Please print neatly using capital letters. O.K. to photocopy. One entry per form.

Checks payable to OLMC School. Please detach and mail to: OLMC School, 52 Harpersville Road, Newport News, VA 23601

Online registration @ <https://www.raceit.com/Register/?event=1840>



First Name

Last Name

Address

Apt / Unit # City

State Zip M F Birth Date

M M D D Y Y

Email Address (used for race communication only)

Team Name (team entry only)

Event (circle one) Tech Shirt Size (circle one - unisex sizing runs large)

8K Run	Tech Shirt Size (circle one - unisex sizing runs large)					
	Guaranteed to pre-registrants only.					
	Race Day while supplies last.					
3K Run	Youth	M	L			
3K Walk	Adult	S	M	L	XL	XXL

How did you hear about our event? _____

Additional Donation Enclosed Peninsula Track Club Member (PTC)
Y N

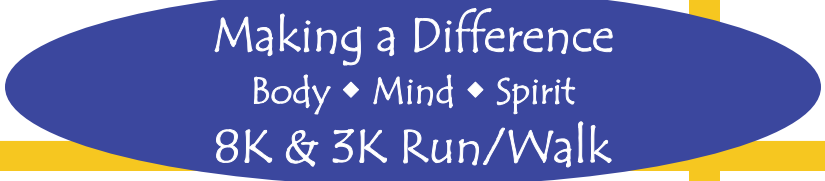
\$ _____ Entry fees are non-refundable & non-transferable. Event held rain or shine. Race officials reserve the right to cancel the event due to severe weather.

Acknowledgment and assumption of risk and waiver of liability (must be signed)

I know that running or walking in a road race is a potentially hazardous activity. I should not enter or participate 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 my accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge Our Lady of Mount Carmel School, The Mariners' Museum, the City of Newport News, the Peninsula Track Club, the Road Runners Club of America, 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 in this event. The release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant full permission to Our Lady of Mount Carmel School and its agents authorized by them to use my photographs, videotapes, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature of Athlete (signature of parent/guardian if participant is under 18 years of age) Date

Saturday November 13th, 2010 - Mariners' Museum - Newport News



Race Day Schedule

6:30 am	Registration, Packet Pick-up, Expo	9:00 am	Post-Race Party
8:30 am	8K Run Start	9:50 am	Raffle Prizes
8:40 am	3K Run/Walk Start	10:00 am	Awards

Race Location

Mariners' Museum Main Entrance, 100 Museum Drive, Newport News, VA, 23606
I-64 exit 258-A. Continue straight 2.5 miles. Cross Warwick Blvd and take first left onto Museum Dr.

Race Course

New for 2010...USATF-Certified 8K course
8K and 3K course options traverse the scenic areas of the Mariners' Museum Parkway, the majestic Lion's Bridge at the James River and the beautiful Riverside neighborhood

Technical Race Shirt

Short sleeve cooling performance crew with A4 Tek Moisture Management.

Choose Your Prize Raffle

Open to all. Receive one raffle ticket with race registration. Participants, volunteers, spectators and others can purchase additional tickets for \$1 each on race day or at early packet pick-up.

Awards

8K Run - Male/Female Top 3 Overall, Top 3 Masters & 5-yr Age Groups
U10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
3K Run - Male/Female Top 5 Overall, 3K Walk - Male/Female Top 5 Overall

Early Packet Pick-up

The Runners Source	Thursday November 11th, 2010
2140 William Styron Square	Friday November 12th, 2010
Port Warwick - Newport News, VA	3:00pm - 7:00 pm each day
www.TheRunnersSource.com	



More Information RunOLMC@cavtel.net

Pam Garrett	757-285-6645	Race Director, Volunteer Coordinator
Michele Smith	757-596-2754 x221	Sponsorship, Expo

Event Proceeds www.olmc-school.com

All event proceeds benefit the students of Our Lady of Mount Carmel School (OLMC) to promote health and well-being...mind, body and spirit. OLMC unites with family and community to provide a Christ-centered and educationally stimulating environment, where students recognize their God-given gifts and achieve their highest potential. OLMC was founded in 1954 under the direction of the Dominican Sisters of Nashville, Tennessee. OLMC's comprehensive academic program includes religion, language arts, science, social studies and mathematics with weekly enrichment in computer technology, music, art, foreign languages, physical education and community service.

Fees

	14 & under	15 & over	Team (10 or more, per person)
Early Entry	\$12	\$22	\$17
Regular Entry	\$17	\$27	\$22

Early Entry (thru 10/21/10) PTC race passes accepted with
Regular Entry (10/21/10 - race day) early entry - individual or team.



Finish line results & race support provided by the Peninsula Track Club. www.PeninsulaTrackClub.com

Detach and Mail