



Running for Dreams 5K and Kids Mile

Saturday, November 20th 2010
Mt. Trashmore, Virginia Beach, VA

Race Day Schedule:

(No Rain Date/No Refund)

Registration Opens: 0730

Registration Closes: 0830

5K Run/Walk: 0900

Kids Mile: 1000

Awards: 1100

Course: The race will start in the park next to Kid's Cove and head out to South Blvd where you will turn right and head towards Colonial Parkway where you will turn around and head back to Edwin Dr. You will turn left on Edwin Drive. At the Expressway Drive entrance to the park you will enter the main trail around the lake. Following the lake trail you will proceed around the small hill, pass the skateboard park and Kid's Cove and then proceed around the big hill. Once you pass the big hill you will follow the trail on the north side of the lake to the finish line in front of the outdoor picnic pavilion. The course will be flat and fast.

Kid's Mile: The kid's mile will start at 11:00 and will consist of one loop around the lake. There will be special finisher awards for all kids completing the race

5K Awards:

Top 3 overall, 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over

Team Awards:

Highest Fundraising Team, Most Team Spirit

Royal Division : Best Dreamer Costume,
(What would you dream?)



Make Dreams Come True:

A wonderful Fall Family Event, Moon Bounce, Live Music by the Phun Doctors, Meet some of our Dream Kids

Early Registration (Sign up before Oct 15 th)	\$20
Registration Oct 16 th -Nov 19 th	\$25
Race Day Registration	\$35
Kids Fun Run (Ages 3-10)	\$10
**** Register On-line at Active.com *****	

Volunteers and Sponsors Needed!

If you would like to volunteer, be a sponsor or sponsor a Dream
Contact Sarah Ezell at 467-1695 or by email at sarah.ezell@archersolutions.net



Running for Dreams

5K and KidsMile

Mission:

Toby's Dream Foundation ensures that children living with life-threatening illnesses in Greater Hampton Roads and the Eastern Shore of Virginia have the opportunity and resources to imagine and experience their most fantastic dream.

Toby Vaught, a young man from Hampton Roads, found tremendous inspiration from the lives of those around him, especially the lives of youth who courageously attacked ailments presenting themselves on psychological, physical and biological battlefields.

Toby possessed a contagious passion for crystallizing the dreams of these special children living with the prospect of an uncertain tomorrow. With endless hours of tireless work, he helped to make dreams come true for dozens of children in Greater Hampton Roads. Toby Vaught lost his own life at the age of 29. However, his angelic spirit and his contagious devotion to realizing the dreams of children will live on forever through Toby's Dream Foundation.

Make checks payable to:
Toby's Dream Foundation
Attn: 5K Run

Mail entries to: Toby's Dream Foundation
C/O Sarah Ezell
1504 Sloane Court
Virginia Beach, VA 23456

Race Registration Form

(Please Print-Fill out completely to ensure prize eligibility, all Mailed in entries post dated NLT 15 November)

Please Circle One: **5K** **Kids Fun Run** **Royal Division 5K & Mile**

Name _____ E-Mail: _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Age (Race Day) _____ DOB: _____ Please Circle
Male Female

Adult Shirt Size: S M L XL Youth: S M L

Additional DONATION: _____ Amount Enclosed: _____

T-shirts guaranteed to the first 300 registered

I understand that running a road race is potentially a hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a 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 the weather including heat, cold, humidity, traffic, conditions 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 Toby's Dream Foundation, Kale Running, 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. I understand that skate boards and roller blades are not permitted.

Signature _____ Date _____
(Parent's signature if under 18)

Applications without signed waivers can not be processed