



OFFICIAL REGISTRATION FORM

21st Annual ALANTON ELEMENTARY ONE MILE RUN AND FUN WALK Sunday, 11/15/09

RACE COURSE: Tidewater Striders approved. A Tidewater Striders Youth Grand Prix Race! Well marked course on flat paved streets through residential neighborhood, beginning and ending at Alanton Elementary School, 1441 Stephens Road, Va. Beach, VA 23454.

EARLY REGISTRATION: Must be postmarked by October 31, 2009. Fees: \$8 per person. Family of 3 or more \$7 per person.

LATE REGISTRATION: (after October 31, 2009): \$10 per person. Family of 3 or more \$9 per person. Race day registration opens at noon in the Alanton Elementary School Gym. Race pass users and Golden Runners must pre-register and will not be accepted race day.

AGE GROUPS: Girls and boys separate, 6 & under, 7-8, 9-10, 11-12, 13-17, 18 and older.

RACE TIMES: Girls race at 1:30 p.m., Boys race at 2:00 p.m. and One Mile Fun Walk begins at 2:20 p.m.

AWARDS: Trophy for 1st place over-all winners. Trophy for 1st place Alanton boy and girl. Additional awards given to top three in each age group. All participants receive a "DOG TAG". In order to guarantee an official race t-shirt by race date, you must pre-register. Golden Runners and runners with Free Race Passes must pay \$6.00 to receive a race t-shirt. Awards ceremony 3:00 p.m. race day (no awards for fun walk).

CONTEST FOR ALANTON STUDENTS: The grade with the most entries in the One Mile Run & Fun Walk will receive a FREE ICE CREAM PARTY FOR THE ENTIRE GRADE!!!

RACE DIRECTOR: Aaron Groat 416-2965 or Cliff Myers 613-8228

Extra Registration Forms available at:

http://www.tidewaterstriders.com/docs/races/alanton09_.pdf

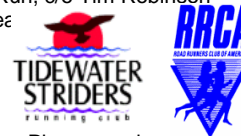


Registration Form (Additional entry forms available from school during office hours or from Race Director.)

REGISTRATION FORM (1 FORM PER PERSON)

- () Alanton 1 Mile Run
- () Alanton 1 Mile Fun Walk

Make Checks Payable to: ALANTON ELEMENTARY PTA
Mail Entries to: Alanton One Mile Run, c/o Tim Robinson
1992 Sandee Crescent, Virginia Beach, VA 23462



NAME (First, MI, Last) Leave space between names

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(Youth) or Adult Circle T-shirt size

Age	(Y) M	(Y) L	(A) M	(A) L	(A) XL	(A) XXL
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Add \$1 for XXL

Tidewater Strider's Member?

yes	no
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Sex	M	F
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Area Code		
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Phone number		
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Mailing Address	Street	Apt. No.

City	State	Zip Code

Teacher's Name _____ Room# _____

Golden Runner # _____

Shirt included with entry fee, Golden Runners and race pass users may purchase a shirt for \$6.00.

I know that running a road race is a potentially hazardous activity. I should not enter 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 event. I assume all risks associated with the event including, but not limited to, falls, contact with other participants, the effects of the weather including cold temperatures, traffic and the conditions of the road, all such risks being known and appreciated by me. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAP Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line 800-223-0393. Having read this waiver and knowing these facts and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Alanton Elementary, the City of Virginia Beach, USATF, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event. I grant to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This race is not intended for individuals with baby joggers, baby strollers, dogs on leashes, headphones, skate boards, skates, etc.

Signature _____ Date _____ Parent's signature if under 18 years _____

NOR REFUNDS, EXCHANGES, OR TRANSFERS, RACE HELD RAIN OR SHINE. NO BABY JOGGERS, ROLLER BLADES, HEADPHONES, OR DOGS IN ONE MILE RUN.