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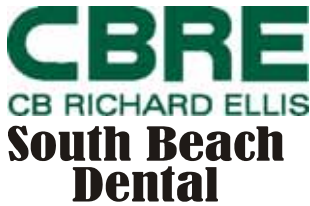
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The Allen Stone-Braveheart Memorial Races

Presented by **BLACKHAWK!**

3 RACES, 1 GREAT EVENT!!!

31st Street at the Oceanfront-Neptune's Park at the Hilton Virginia Beach Oceanfront
To Benefit the Virginia Beach Volunteer Rescue Squad and Naval Special Warfare Foundation
JULY 18, 2009 @ 7:30AM

In 1999, this race was held for the first time, and was called the "Brave Heart Run-Swim-Run." Allen Stone – a local Navy SEAL and friend of the organizers – competed and won the 20-29 male age group. Tragically, this was Allen's last race. Shortly after, he died in a SEAL training accident. Accordingly, the race committee decided to rename the race to honor our fallen friend and local hero. We hope you'll participate! With Allen's enthusiastic zeal for life and outgoing personality, we know he would have welcomed you!

Packet Pick-up July 17 - 5:00-7:00 p.m. Final Kick Sports 757-481-3400

Race Day Packet Pick-up: 6:00a.m.-7:00am @ 31st Street Park at the Hilton Va. Beach Oceanfront

RSR: 1K beach run, 1K ocean swim, 5K on the boardwalk, 7:45 am start

5K Run/Walk: Boardwalk, 7:30am start

1 Mile Kids Fun Run: On Boardwalk, 9:00am start

RSR/5K Divisions/Awards: Men/Women: 8&under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+,

Separate divisions for: SEALs, Military, Clydesdale (200+) & Athena (140+), Wheelchair, Walkers

May only win 1 award. Must choose between age group or separate divisions.

Awards in each division based on registration. 3 awards per division.

Kids 1 Mile Fun Run: 6 and under, 7-8, 9-10, 11-12, 13-14 (Categories will be added based on registration)

The Run Swim Run race is a **Tidewater Striders Multisport Grand Prix Series Event!**

Entry Fees: RSR: \$31 postmarked before 5/1; \$36 by 6/1, \$41 by 7/1, after 7/1 \$45

5K: \$16 before 5/1, \$19 by 6/1, \$22 by 7/1, \$25 after 7/1 **1 Mile Kids Race:** \$10

Mail to: Allen Stone Memorial Races 120 Cherwell Ct Williamsburg, VA 23188

Checks can be made payable to VBVRS or NSWF-You choose your charity!

Questions: Call Mike Wilson @ 804-236-9610 or Steve Stroud @ 757-425-8781 or

e-mail questions to mwilson@cffc.com.

Register online at www.active.com Race confirmation, info and applications also available online at

www.allenstonememorial.com or www.rescue14.com/allenstone.

TIMING: Tidewater Striders www.tidewaterstriders.com **PHOTOS:** www.triduo.com

Name: _____ Phone: (____) _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address _____ Age (on 07/19): _____ Birthday _____

Choose one: Female Male **Choose one:** 1 Mile Kids Fun Run Run Swim Run 5K Run/Walk

Choose one: Age Group Clydesdale/Athena SEAL Division Military Division Wheelchair

Team Hoyt Walker T-shirt size: Small Medium Large X-Large

WAIVER (READ CAREFULLY) -- MUST BE SIGNED FOR ENTRY

I hereby certify that I understand the nature and hazards of the competition I am entering. I also understand that many factors are beyond the control of race organizers, including, but not limited to, beach, ocean, boardwalk and road conditions, and actions of other competitors. Further, I understand that I must be physically fit to compete in this event, and certify that I am and will be in appropriate condition to compete safely.

In consideration of the acceptance of my entry in this competition, I intend to be legally bound, for not only myself, but for my heirs, executors and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability which may arise from this competition. I agree to pay all reasonable attorney's fees and litigation expenses incurred by any person, real or corporate, whom I may sue in violation of or in an effort to challenge this release from liability form. I understand that my waiver and agreement to pay attorney's fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest.

I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event

Signature in full of applicant

Signature in full and printed name of parent or legal guardian if applicant is under 18.

Date