THE 14th ANNUAL

FALCON 5K RUN

And 1 mile Family Fun run/walk

Saturday, March 1, 2008

SPONSORED BY: Cox High School Class of 2010 and the Tidewater Striders

RACE DIRECTOR: **Victoria Sachar and David Hahn**
(757-648-5250 victoria.sachar@vbschools.com)

Where: Frank W. Cox High School

When: Registration & packet pickup (lobby of auditorium in front of school):
7:-7:45 a.m. Race Day
Race (5k run) begins: 8:00 am
1-mile Family Fun run/walk: begins after 5k

Entry Fee: Pre-registration (prior to February 14th): $13.00 5k Run*
$4.00 1-mile Family Fun run/walk*
Day of Race Registration: $15.00 5k Run*
$9.00 1-mile Family Fun run/walk
* includes T-shirt

5K Run Age Groups: Open to all! Male / Female Divisions & wheelchair race.

1 mile Family Fun Run/Walk: Open to all! We welcome children, groups, strollers too!

Awards: 5k Run will include medals for both overall and age group categories.

No rain date or entry fee refunds. However, t-shirts guaranteed to first 100 pre-registered participants

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2008 Falcon 5k Entry Form and Waiver

Please make checks payable to: **Cox High School class of 2010**
Mail entries to:
Falcon 5k c/o Victoria Sachar, 2425 Shorehaven Drive, Virginia Beach, VA 23454
Please make sure that your entry form is **complete and the waiver is signed**.

Shirt Size:
____Small ____X-Large
____Medium ____XXL
____Large

5k (check here) ☐ 1 mile fun run/walk: ☐

Name: (First-Last)

Age Gender: M F Phone Number:

Circle Age Group: 12&under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Address:

City: State: Zip Code:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to properly train. I understand that this road race is not intended for vehicles (skateboards, roller blades, etc.) or distractions (headphones, dog on a leash, baby strollers, etc.), and I will abide by these guidelines. Also, I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all effects of weather, including heat or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release F.W. Cox High School, the city of Virginia Beach, Tidewater Striders, RRCA and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permissions to all the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature:_____ Date:_____

Parent Signature (if under 18):_____