



1st Annual "Run for The Homefront"
5K Run/Walk and 1 Mile Run/Walk
Fort Story, VA July 25, 2009



Race Time: 5K Run and 1 Mile Run/Walk Registration 6:00 am. Start 7:30 am 5K; 8:15 Mile

Entry Fees: \$15.00 advance registration fee for 5K. Pre-registration by July 15, 2009

\$20.00 Late Registration for 5K after July 15, 2009

\$5.00 pre-registration for 1 Mile Run/Walk by July 15, 2009. \$10.00 Late or Race Day Registration

Register at www.active.com OR mail application to:

Operation Homefront Hampton Roads, PO Box 15301, Newport News, VA 23608

CHECKS PAYABLE TO: Operation Homefront Hampton Roads, Inc. No refunds or exchanges

T-Shirt, Goodie Bags, Door Prizes, medals in all age categories for 5K run only

Medals for 1st, 2nd and 3rd places in 1mile Run/Walk in male/female categories only

DIRECTIONS: From Richmond—I 64 East to Norfolk, take Rt. 13 North (Northampton Blvd) to Shore Drive, East on Shore Drive to intersection of Shore Drive and Atlantic Blvd. Left on Atlantic, Main Gate straight ahead. Continue to just past Cape Henry Light House. From South—I 64 West to Norfolk, take Rt. 13 North (Northampton Blvd), same as above. **Participants and Guests MUST have Military ID OR Picture ID for base access. The location of Race Day Sign-In will be sent via email with participants Registration Confirmation.**

NAME _____ **Email address*** _____

Last, First, Middle Initial

*Required to Send Gate Pass

Phone _____ **Emergency Name/Contact #** _____

Age _____ **T-shirt Size** _____ **Strider Member** _____ **Sex** _____
 (Day of Race) (S, M, L, XL) Yes/No Male/Female

Age Groups: _____ 1-19 yrs _____ 20-29 yrs _____ 30-39 yrs _____ 40-49 yrs _____ 50-99 years

Race Category _____ **5K Runner** _____ **5K Walker** _____ **1 Mile Runner** _____ **1 Mile Walker**

Active Duty Military _____ **Activated Guard/Reserve** _____

WAIVER: I know that running a road race is potentially hazardous activity. I should not enter and run 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 run. I assume all risks associated with participating in the Run for the Homefront including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/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 application, I for myself and anyone entitled to act in my behalf, waive and release any and all sponsors including, but not limited to, Operation Homefront Hampton Roads, the Tidewater Striders, Operation Homefront NHQ, the U.S. Army, race officials, volunteers and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion picture, recordings, or any other record of this event for any legitimate purpose.

 Signature of Runner / Date

 Signature of Parent/Guardian if under 18 years of Age / Date