

4th Annual JFS RUN, ROLL or STROLL

Sunday, May 4th, 2008

Virginia Beach Boardwalk - 24th Street and Atlantic Avenue
Virginia Beach, VA

8:00 AM - 8K Run and 5K Run/Walk

9:15 AM - 1 mile Run/Walk



Presented by Jewish Family Service of Tidewater

Platinum Sponsor -  Wachovia

Diamond Sponsors - Copeland / Klebanoff Families & Jaffe Philanthropic Fund

The Run, Roll or Stroll is a fundraising event to benefit Jewish Family Service of Tidewater, Inc., a non-profit agency that provides an extensive array of social services including Home Health, Counseling for Adults and Children, and Meals on Wheels to people of all faiths in the Tidewater community.

Fees:

8K Run - \$25.00 Pre-registration postmarked by April 25, 2008
\$30.00 Registration after April 25, 2008
5K Run/Walk - \$20.00 Pre-registration postmarked by April 25, 2008
\$25.00 Registration after April 25, 2008
1 Mile Run/Walk (Wheelchair participants welcome.)
\$15.00 Pre-registration and day of race

On-Line Registration at: www.active.com or
www.tidewaterstriders.com (Pre-registration guarantees a t-shirt.)

Race Day Registration at 24th Street Park begins at 6:45 am and ends at 7:45 am

Registrations postmarked after 4/25/08 and Race Day registrations will receive t-shirts on a first come, first served basis.

Teams: 4 or more members constitute a team. Participants may run in any race. All teams must pre-register and submit their individual registration forms together. Team members are eligible for individual awards.

Awards:

Awards for 8K Run and 5K Run
Top 3 Men and Women runners overall and the top 3 in the following age groups will receive commemorative awards: (12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+)

Awards presented to top three 5K walkers.

1 Mile Awards (1-6, 7-9, 10-12, 13-15, 16-18, 19+)

Team Award presented to team with most participants.

Post Race Party: Awards presentation, food, drink and more.

Door Prizes: Drawing for door prizes to be held during awards ceremony.

Race Directors: Kim Stites and Sue Graves - (757)321-2222



Make Checks Payable to: Jewish Family Service of Tidewater

Mail Entries to: JFS Run, Roll or Stroll, c/o Jewish Family Service, 260 Grayson Road, Virginia Beach, VA 23462

First Name: _____ Last Name: _____

Team Name (if applicable): _____

Mailing Address (Street, City, State, Zip): _____

Phone # (include area code): _____ E-Mail: _____

Age: _____ Birthdate: _____ Sex (Circle One): M F

Personal Chip ID number: _____

Event (Circle One)

8K Run 5K Run
5K Walk 1 Mile Run/Walk

T-Shirt Size (Circle One): Adult S M L XL

Youth S M L

I know that running a road race is a 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 running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road, all 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 Tidewater Striders, Jewish Family Service of Tidewater, Inc.; the City of Virginia Beach, USAFT, RRCA, race officials, volunteers and all sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of the USATF and I understand the race is not intended for individuals with headphones, baby joggers, baby strollers, dogs on leashes, skateboards or skates, and I will abide by these guidelines. I understand I will be charged a fee of \$25.00 for not returning my CHIP.

Signature _____ Date _____ Guardian if under 18 _____ Date _____