

PLEASE READ CAREFULLY – START TIMES AND OTHER DETAILS HAVE CHANGED.

RACE START TIMES:

1 Mile Kids Run 5:45 p.m. - (9 and up-chip timed)
 1 Mile Kids Run 5:47 p.m. - (8 and under-chip timed)
 1 Mile Walk 5:55 p.m.- (not timed)
 5K 6:15 p.m. - (chip timed)

REGISTRATION:

Mail in flyer or register online at: www.active.com
 Vicky Greco (Race Director): 451-1126
 2010ratrace@gmail.com
 www.larchmontrate.com

DAY OF RACE REGISTRATION:

1 Mile Run: 3:30 - 5:15 p.m.
 5K Run: 3:30 - 5:45 p.m.



ADVANCE FEES: *

Mail-in: \$20.00 for 5K or 1 Mile Run or Walk
Online: \$18.00 + online fee.
 (Either option includes shirt, food & drink)

DAY OF RACE FEE:

\$25.00

T-SHIRT ONLY:

\$15.00

Race Timing:

Kale Running: 373-4174



**Friday, September 24, 2010 • Place: "Brick Field," Hampton Blvd. and Bolling Ave. at ODU in Norfolk
 Rain or Shine • No Refunds • Party & Music • Awards Presentation Immediately Following**

All registered participants please report at least 30 minutes prior to race if you have not picked up your race number. Late registrants, please report as early as possible. *Parents running with children may do so but may not cross the finish line.

Registration

Pre-Registration will be held in front of Larchmont Elementary School 8:00 a.m. - 9:15 a.m. on the Monday-Friday during week before race. All pre-registered 1 Mile Run or 5K Run participants receive a t-shirt and a "Race Number". Race Numbers may be picked up at the "Brick Field" the day of the race. Day of race registration CLOSES at "Brick Field" at 5:15 p.m. for 1 Mile Run and 5:45 p.m. for 5K Run.

Race Number must be worn/pinned on front of shirt.

If competing in both 1 Mile Run and 5K Run you must pay 2 separate entry fees and have 2 separate Race Numbers to be eligible for awards

Awards/Age Groups

Awards will be given to top 5 overall "Open" finishers (men and women) in 5K Run. Awards will also be given to top 5 finishers (boys and girls) in each age group in 1 Mile Run and to the top 3 finishers in each age group in the 5K Run. "Open" winners not eligible for age group awards.

Age Groups

1 Mile Run (boys and girls): 6 & Under, 7-9, 10-12, 13-15. ****NO OFFICIAL ADULT 1 MILE RUN PARTICIPANTS**** No one over 15 should cross the finish line.

5K Run (men and women): 12 & Under, 13-19, 20-29, 30-39, 40-49, 50-54, 55-69, 70 & Over.

Benefit

Proceeds for Larchmont PTA will continue to provide much needed support for cultural and educational programs and equipment at Larchmont Elementary School.

Race Information

For further race information or additional registration forms please call Vicky Greco at 451-1126 or Kale Running at 373-4174.

Race Location/Parking

Runners please report to "Brick Field" on northwest corner of Bolling Ave. and Hampton Blvd. (one block north of Old Dominion University) in Norfolk. Parking available in Larchmont School parking lot located across Hampton Blvd. on Bolling Ave., or city lot located next to WHRO-TV directly across Hampton Blvd. from Foreman Field. To reach race area from I-64 take Terminal Blvd. exit; follow to Hampton Blvd.; left on Hampton; go approximately two miles to Bolling Ave. Turn left for parking.

From I-264, take Waterside Drive to Boush St., left on Brambleton Ave. to Hampton Blvd. Approximately 2 miles to Old Dominion University; one block further to Bolling Ave.; turn right for parking.

Course

Races will start near Bolling Ave. and Upper Brandon Place and proceed through Larchmont neighborhood. Course is asphalt, flat, with course markers. Medical assistance, police escorts, monitors, water stops on course and refreshments available at finish line.

RAT Race Party

A party with music and family fun will follow the 29th Annual Larchmont RAT Race at the Brick Field at Bolling Ave. and Hampton Blvd. With official race number, each participant will receive a drink and slice of pizza. Additional cash concessions, children's attractions, and eclectic merchandise will be available for sale. For the RAT Raffle many prizes will be awarded, including a Grand Prize bicycle generously donated by East Coast Bicycles. All RAT proceeds to benefit Larchmont Elementary School.

Runner Responsibilities

1. Please pre-register. T-SHIRTS NOT GUARANTEED TO LATE REGISTRANTS.
2. Do not remove perforated bottom portion of race number/bib.
3. Each part of the entry form must be completed to be valid for entry and awards.
4. Entry forms must be signed! Parents must sign for children under 18.
5. Please wear 4 pins on your runner number. Do not pin bottom perforated portion. Please wear the number assigned to you. 1 Mile Walk participants all have race bib #1.
6. For your safety, once you have completed the race please move away from the finish line area.
7. Each assigned race bib (number) has an electronic chip attached, which provides more accurate timing of finish line results. Race bib/numbers are NOT transferable. Runners must wear the number assigned to them by the RAT Race. Start and finish times are based on the runners crossing the line and NOT their relative location to other runners in the pack.
8. We recommend all runners over 35 consult their physicians prior to running any race. It is imperative that you consult your physician before running in a race if you have known cardiovascular disease.

NO DOGS. PLEASE!

NO BICYCLES OR BALL PLAYING OF ANY KIND ON THE FIELD.

NO REFUNDS, EXCHANGES OR TRANSFERS Make Checks Payable to Larchmont PTA

MAIL ENTRY FEE TO: LARCHMONT R.A.T. RACE, c/o 1433 Brunswick Ave., Norfolk, VA 23508

NAME (First, MI, Last) _____

Age on Race Day _____ **Sex:** M F **Birthdate** _____ **Phone** _____

Mailing Address: _____

City/State/Zip _____

T-Shirt Size: (please circle) YS YM YL S M L XL XXL

E-mail Address: _____

* Please check this box if you would like to sponsor a student runner for an additional \$2.
Thank you!

Larchmont Elem. Student's Room # or Teacher _____

- 5K
 1 Mile Walk
 1 Mile Run

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 in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. This is a road race conducted under the rules of USATF and I understand the race is not intended for baby joggers, baby strollers, dogs on leashes, skateboards or skates. 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 Kale Running, the City of Norfolk, State of Virginia, Larchmont PTA, USATF, race officials, volunteers, 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 permission to all the foregoing 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 USATF, it is not intended for individuals with headphones, baby joggers, baby strollers, dogs on leashes, skateboards, skates, or roller blades.

SIGNATURE _____ DATE _____ PARENT'S SIGNATURE IF UNDER 18 YEARS _____