

PEMBROKE MEADOWS ELEMENTARY PTA



1-Mile Fun Run
SUNDAY, March 7, 2010
 A Tidewater Striders Road Racing Event
 For Family, Fun, and Fitness

Toddler 50 Yard Run

4-and-under
 1:45 pm

Girls' 1-Mile

All Ages
 2:00 pm

Boys' 1-Mile

All Ages
 2:30 pm

Registration: Pre-register by returning this form and entry fee to Pembroke Meadows PTA, 820 Cathedral Drive, Virginia Beach, VA. 23455. Packet pick-up and race day registration will begin at 1:00 pm. For additional information call 648-3360.

Entry Fees: Early fees apply to entries postmarked by February 27. 50yd Run: \$6 early, \$7 late & race day. 1-Mile: \$10 early, \$12 late & race day. (Race passes may not be used on race day.) Make checks payable to: **Pembroke Meadows Elementary PTA**, 820 Cathedral Drive, Virginia Beach, VA 23455.

Course: Tidewater Striders approved course on flat paved streets beginning and ending at Pembroke Meadows Elementary School, 820 Cathedral Drive, Virginia Beach, Va. 23455. Course map will be posted prior to the race.

Awards: T-shirts to all pre-registered runners. T-shirts will be available to pre-registered Tidewater Strider Race Pass entrants for a \$6 nominal fee. 1-Mile Awards: Top 10 male & female in each age group. Top 3 male & female overall.

Age Groups: 1-Mile: Male and female ages 6 and under, 7-8, 9-10, 11 -12, 13-17, 18 & over.

Prize Drawings: All runner place cards will be entered for multiple random drawings of merchandise prizes. Our grand prize is a family membership to Pembroke Meadows Recreation Center-a \$450 value!

Race Directors: 648-3360 (M-F, 8:00 am - 4:00 pm) **Mary Wilkerson, 270-3853**

(detach and return completed registration with check)

Last Name										First Name										MI
<input type="text"/>										<input type="text"/>										<input type="text"/>
Street Address (include apt. #)																				
<input type="text"/>										<input type="text"/>										
City										State	Zip Code				Age (on race day)		Sex			
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Area Code			Telephone #							E-mail Address (print case sensitive)										
<input type="text"/>			<input type="text"/>							<input type="text"/>										
Tidewater Strider		if Race Pass Entrant		If PMES student		Adult T-Shirt Size				Youth t-shirt Size		50yd	1-Mile							
<input type="text"/>		<input type="text"/>		<input type="text"/>		S M L XL				M		<input type="text"/>	<input type="text"/>							
Yes No		<input type="text"/>		<input type="text"/>						<input type="text"/>		<input type="text"/>	<input type="text"/>							

CONTINUED ON REVERSE



TIDEWATER STRIDERS



SPECIAL THANKS TO OUR RACE SPONSORS



Art FX
853-1793

A-1 Quality Floors
460-4014

Jean Bowman
Rose + Womble Realty
286-7455

DJS Painting
576-3490

Nuckols Tree Care
499-1143

Jayhawk Exteriors
963-6559

Ocean Potion

Ferry Plantation House
473-5182

Schonbrun Dental Care
460-1234

Pembroke Meadows Recreation Center
963-2239

ALL RUNNERS MUST READ AND SIGN THE WAIVER BELOW IN ORDER FOR YOUR ENTRY TO BE PROCESSED

I know that running a road race is a potentially hazardous activity. I should not participate 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 this event including, but not limited to, falls, contact with other participants, effects of the weather including temperature extremes or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver, 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 the Tidewater Striders, Pembroke Meadows Elementary School and PTA, City of Virginia Beach, USATF, RRCA, 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 of 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 and RRCA and I understand that this event is not intended for individuals with baby joggers or strollers, animals on leashes, headphones, skateboards, roller-skates or inline skates and as such, I will abide by these guidelines.

Signature

Date

Parent/guardian signature if under 18

Date

Early registration postmarked by February 27, 2010

50 Yard Run

\$6 by February 27 (\$7 late & race day)

\$

1-Mile

\$10 by February 27 (\$12 late & race day)

\$

Race Pass Entrants

\$6 T-shirt Fee (optional)

\$

Total Payment (no refunds, exchanges, etc.) \$ _____

Make checks payable to: Pembroke Meadows Elementary PTA
820 Cathedral Drive
Virginia Beach, VA 23455