



# RUN FOR INDEPENDENCE

*5K Run - 1 Mile Run - 1 Mile Health Walk*

*SATURDAY, MAY 8, 2010*



Proceeds to benefit Independence Middle School students and staff. Past races have helped to purchase instructional materials, computer & multi-media equipment for our school.

## RACE INFORMATION

- DATE:** Saturday, May 8, 2010 NO RAIN DATE or REFUNDS
- PLACE:** Independence Middle School parking lot in the Bayside Borough of Va. Beach. Flat course on asphalt, starting at the school and circling through the Thoroughgood neighborhood.
- TIME:** *Registration: 7:30 a.m. - 9:00 a.m. in the school cafeteria*  
5K Run at 9:00 a.m. 1 Mile Run and Health Walk at 10:00 a.m.

**REG FEE:** \$15 fee for either race. (\$20 for entries post-marked after April 17, 2010)  
\$10 registration fee for *students of Independence Middle School.*

(Race pass users **MUST PRE-REGISTER:** For t-shirt purchase include \$8)

Mail entries to : **Monica Reilly, c/o Independence Middle School**  
1370 Dunstan Lane, Va. Beach, VA 23455

Make checks payable to: Independence Middle School.

**Golden runners and race pass users must pay \$10 for a t-shirt.**

- AWARDS:** T-shirts are **only** guaranteed to pre-registered participants, incl. Golden Runners.  
5K awards to top 3 open males and females, and top 3 in each age group.  
1 Mile awards to top 3 males and females in each age group.  
Awards for first male and female Independence Middle School staff members.  
Team awards to first place open and Independence Middle School team.  
Ribbons to all Health Walk participants. Many random prize drawings.

### AGE

**GROUPS:** 1 Mile male & female: 6 & under, 7-9, 10-12, 13-15, 16 & over

5K male: 1-7, 8-10, 11-13, 14-16, 17-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 & 65&over

5K female: 1-7, 8-10, 11-13, 14-16, 17-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over

For additional information contact:

Monica Reilly, Race Director, (w) 648-4600 ext 60034 (h) 757-464-3616  
Kenn Young, Asst. Director, (w) 648-4600 ext. 70075

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Race Date: Sat. May 8, 2010. Make checks payable to Independence Middle School. No refunds or transfers.

NO RAIN DATE!

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1370 Dunstan Lane, Va. Beach, VA 23455**

RACE: 5K\_\_\_\_\_ 1 Mile Run/health walk\_\_\_\_\_

Fee Enclosed: \$15 early registration\_\_\_\_\_ \$20 (postmarked after April 17)\_\_\_\_\_

IMS Students/Staff: \$10 \_\_\_\_\_

\_\_\_\_\_check here if you are an Independence M.S. Student or staff member

NAME (First, Last): \_\_\_\_\_ Ph: \_\_\_\_\_

Age on Race Day\_\_\_\_\_ Tidewater Striders Member: Yes\_\_\_\_ No\_\_\_\_

Sex (Circle One) M F T-Shirt Size (Circle one) S M L XL (no youth sizes) Golden Runner #\_\_\_\_\_

Mailing Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip Code\_\_\_\_\_

**5K TEAM COMPETITION:** Check Here\_\_\_\_\_ Teams consist of 3-5 members with the total time of the fastest three team members used for scoring. No special team categories.

**No teams for the 1mile run/walk.  
Team Entries must register before race day  
and must be in the same envelope.  
No race day registration for teams!**

I know that running a road race is a potentially hazardous activity. I should not enter 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 event. I assume all risks associated with the event including, but not limited to falls, contact with other participants, the effects of the weather, including cold temperatures, traffic conditions of the road, all such risks being known and appreciated by me. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAP Rule 144. Athletes found positive for banned substances, or who refuse to be tested will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1-800-223-0393. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Independence Middle School, the City of Va. Beach, 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 all of the foregoing permission to use any photographs, motions pictures, recording or any other record of this event for any legitimate purpose. I understand that this race is not intended for individuals with baby joggers, baby strollers, dogs on leashes, headphones, skate boards, skates, roller blades, scooters, etc...and I will abide by those guidelines.

Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent's Signature (if under 18 years old)\_\_\_\_\_

**DIRECTIONS:** Take Independence Blvd. north towards Pleasure House Road. Just after the intersection of Independence and Haygood Road, turn right onto Wakefield Drive. Follow Wakefield to Dunstan Lane, turn right at Dunstan. The school is on your right.

**Thanks to our Sponsors! Thanks to our Sponsors!**

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