5K Walk/Run

Saturday, April 22nd, 2017 – Race begins at 8:00 am
Kids race to follow at 8:45am

RACE COURSE: The 5K will be held on the campus of Hickory High located at 1996 Hawk Dr., Chesapeake, VA 23322. The course will include a flat cross country section through the beautiful surroundings of Hickory High School.

RACE DIRECTOR: Mr. Judson Sarver at (757) 421-4295 or Judson.Sarver@cpschools.com

REGISTRATION:

5K Registration with guarantee of a Commemorative Shirt: $20.00 (Payment received before April 7th, 2017)

5K Registration:	$20.00
5K Registration on Race Day	$30.00
Kids Fun Run	FREE

All checks made out to Hickory High School.

AWARDS: Top 3 Overall Male and Female, Top 3 winners in each age group Male & Female:

AGE GROUPS: 15 & Under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & Older

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Last Name_____ First Name_____

Address_____ City, State & ZIP_____

Telephone #_____ Email_____

Age on race day_____ Gender: Male_____ Female_____

T-Shirt size (circle one): S M L XL XXL or Youth S M L

RACE TIMING BY: **MOUNTAIN MAN TIMING COMPANY**

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

I understand that a road race is a potentially hazardous activity. I should not enter the 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 race. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, and the effects of weather including heat and humidity, traffic and the condition of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Hickory High School, the City of Chesapeake, race directors, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. This race is not intended for baby joggers, strollers, headphones, skates and dogs on leashes and I will abide by these guidelines.

Signature_____ **Date**_____

Parent/Guardian_____ **Date**_____

(Parent or Guardian must sign if participant is under 18)