



A Tidewater Striders
Grand Prix Race!



Saturday, 4/22/2017
Races start at 8am

Spring to Life 5K & 1 Mile Run

***Organized by Tidewater Striders & West Park Church of Christ, Benefitting the Oasis Shelter in Portsmouth*
Races Start & Finish at Wilson High School, 1401 Elmhurst Lane, Portsmouth, VA (Near North Parking Lot)**

2017 Spring to Life 5K & 1 Mile Entry Form & Waiver

Online Registration available at: <http://www.tidewaterstriders.com/races/race-schedule> or <https://www.raceit.com/Register/?event=40133>

Please mail this form w/checks payable to: West Park c/o Spring to Life Run
Mail completed entries to: Steve Sheppard, West Park-Spring to Life, 926 Cherokee Rd, Portsmouth, VA 23701
Please make sure that your entry form is **complete(including AGE), legible** and the **waiver is signed**.

5K Run/Walk (check here) <input type="checkbox"/> (\$25 postmarked by 4/13, \$30 after, but please do not mail later than 4/18)	
1-Mile Run/Walk (check here) <input type="checkbox"/> (\$15 if postmarked by 4/13, \$20 after, but please do not mail later than 4/18)	
5K Group Member, 10 or more registering together, pre-registration only (check here) <input type="checkbox"/> (\$20, postmarked by 4/13)	
Name of Group:	
Runner Name: (last) _____ (first) _____	
Age on 4/22/17:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Phone Number: ()	
Address: _____ Apt No. _____	
City: _____ State: _____ Zip Code: _____	
Email Address(CLEARLY PLEASE): _____	
5K Tech Shirt Size: (pre-registrants guaranteed, late registrations on first-come, first-served basis)	
<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> XX-Large	
1 Mile Race T-Shirt Size	
<input type="checkbox"/> Youth S <input type="checkbox"/> Youth M <input type="checkbox"/> Youth L <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL <input type="checkbox"/> Adult XXL	

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to properly train. I understand that this road race is not intended for vehicles (skateboards, roller blades, etc.) or distractions (headphones, dog on a leash, baby strollers, etc.), and I will abide by these guidelines. Also, I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all effects of weather, including heat or humidity, traffic, and the conditions of the road, all such 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 the Spring to Life organizers, Woodrow Wilson High School, West Park Church of Christ, City of Portsmouth, the Tidewater Striders 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 permissions to all the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature: _____ Date: _____
(All must sign. Parent Signature required, if participant under 18)



Sponsored By:

Service at 11am every Sunday. Join us!