

# Fast before the Feast 5K



THANKSGIVING DAY

A PENINSULA TRACK CLUB EVENT

Thursday, November 24th, 2016 | Mariners' Museum Park

Benefiting Virginia Peninsula Foodbank

A family-friendly 5K run/walk over the paved roads of the Mariners' Museum Park

NOVEMBER  
24

REGISTRATION  
DEADLINE **NOV. 18**  
**NO RACE DAY  
REGISTRATION**

**Registration is capped at 800 participants—register early!**

**PACKET PICKUP** 7:00 a.m.–8:15 a.m.  
**RACE START** 8:30 a.m.  
**AWARDS PRESENTATION** 10:00 a.m.

## ENTRY FEES

\$25 Early Registration  
(postmarked by Friday, **October 28, 2016**)  
\$30 Late Registration  
(postmarked after Friday, October 28, 2016)

**NO RACE DAY REGISTRATION.** Registration closes Friday, November 18, 2016 or when 800 participants have entered.

PTC race discount passes accepted only for early registration.

## PAYMENT

Payable to Peninsula Track Club. No refunds or deferrals.

## ONLINE REGISTRATION

[www.runsignup.com/fastbeforethefeast5k](http://www.runsignup.com/fastbeforethefeast5k)

## AWARDS

Male and Female Top 3 Overall  
Male and Female Top 3 in Age Group  
(11 and under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over)

## T-SHIRTS

Full-color long-sleeved shirts guaranteed **only to all early registrants**. After October 28, 2016, registrants may receive shirts on race day on a first-come, first-served basis and size is not guaranteed. Unclaimed shirts will not be mailed.

## RACE DIRECTOR

Jaime Cox: [jaime.cox77@gmail.com](mailto:jaime.cox77@gmail.com) or (757) 817-1221

**PROCEEDS** benefit Virginia Peninsula Foodbank.

## PARKING

Warwick High School  
51 Copeland Lane  
Newport News, Va.

[www.peninsulatracclub.com](http://www.peninsulatracclub.com)



Finish line results provided by Peninsula Track Club.

## FAST BEFORE THE FEAST 5K

# RACE REGISTRATION

Mail to ► Jaime Cox, 217 North Ave., Newport News, Va. 23601

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ GENDER: ☐ MALE ☐ FEMALE

T-SHIRT SIZE (Check one) Youth: ☐ S ☐ M ☐ L Mens: ☐ S ☐ M ☐ L ☐ XL ☐ XXL  
Only guaranteed to early registrants Womens: ☐ S ☐ M ☐ L ☐ XL

EMAIL ADDRESS: \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

(Including your email address will ensure that you receive timely race updates.)

## ENTRY FEES

\$25 by 10/28/2016 \_\_\_\_\_

\$30 after 10/28/2016 \_\_\_\_\_

Add'l donation  
to Virginia Peninsula  
Foodbank (optional) \_\_\_\_\_

Total Amount  
Enclosed \$ \_\_\_\_\_

Make checks payable  
to **Peninsula Track Club**

**RELEASE AND WAIVER:** 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 also know that although police protection may be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the road—all risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release and discharge Peninsula Track Club, The Mariners' Museum, the City of Newport News, Road Runners Club of America, Virginia Peninsula Foodbank, Race Officials, Volunteers, any and all sponsors—including their agents, employees, assigns, or anyone acting on their behalf—from all and any claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I understand that all entries are final with no refunds. The official Race Director reserves the right to cancel the event without warning in the event of emergency, local disaster, or hazardous weather. In the event of cancellation there are no refunds. Further, I agree that if the race is canceled, I am responsible for any costs I have incurred to attend this race and associated events, including travel expenses. The undersigned further grants full permission to Peninsula Track Club and/or its agents authorized by them to use my photographs, videotapes, motion pictures, recording or any other record of this event for any legal purpose. Applications for minors will be accepted only with parent's/legal guardian's signature.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)