

FAST *before the* FEAST 5K

THANKSGIVING DAY 2015



A PENINSULA TRACK CLUB EVENT

**NOVEMBER
26**

REGISTRATION
DEADLINE **NOV. 22**
**NO RACE DAY
REGISTRATION**

Thursday, November 26th, 2015 | Mariners' Museum Park

Benefiting Virginia Peninsula Foodbank

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

Registration is capped at 800 participants—register early!

PACKET PICKUP 6:45 a.m.
RACE START 8:30 a.m.

ENTRY FEES
\$25 Early Registration
(postmarked by Thursday, November 4, 2015)
\$30 Late Registration
(postmarked after Thursday, November 4, 2015)

No race day registration. Registration closes Sunday, November 22, 2015 or when 800 participants have entered.

PTC race discount passes accepted only for early registration.

PAYMENT
Payable to Peninsula Track Club

ONLINE REGISTRATION
www.runsignup.com/fastbeforethefeast5k

Finish line results provided by Peninsula Track Club.

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)

RACE DIRECTOR
Jaime Cox, jaimes.cox77@gmail.com
(757) 817-1221

PROCEEDS benefit Virginia Peninsula Foodbank

PARKING
Warwick High School
51 Copeland Lane
Newport News, Va.

www.peninsulatraceclub.com



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

EMAIL ADDRESS: _____ PHONE (____) _____

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

ENTRY FEES	
\$25 by 11/4/2015	_____
\$30 after 11/4/2015	_____
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 will 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 heir executors, administrators or anyone else who might claim of 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 signature.

SIGNATURE OF PARTICIPANT _____

DATE _____

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18) _____