



RACE FOR THE MUSIC

5K run

Saturday, September 29, 2018

Kecoughtan High School Choral Arts

The Kecoughtan High School Choral Arts Program welcomes you to the Matteson Trail, which is located at The Hamptons Golf Course and encircles the course. The 3-mile nature/fitness asphalt trail begins and ends at the Performing & Creative Arts Center, with parking available.

Registration & Payment

Mail form and checks payable to:
Kecoughtan High School

C/o Rick Allison
522 Woodland Road
Hampton, Va 23669

Online Registration

Available at:

Runsingup.com (Closes September
22, 2018 11:59 pm EST)



Pass accepted

Starting Time & Place

8:30 am Matteson Trail
320 Butler Farm Road
Hampton, Va 23666

Race day registration 7:30 am
Drinks, food, DJ, and raffle post-
race (MUST BE PRESENT TO WIN
RAFFLE ITEMS)

Entry

\$25 (T-shirt guaranteed for pre-
registered runners; postmarked by
September 15)
\$30 after September 15

5K Awards

Women and men: Top 3 overall and
top 3 in all age groups (15 & under,
16-19, 20-29, 30-39, 40-49, 50-59, 60-69,
70 & over).

Finish line results and race
supported by Peninsula Track Club

Race Director

Jeanne Capriotti

757-850-5018

jcapiotti@hampton.k12.va.us

Proceeds

All proceeds will benefit
Kecoughtan Choral Arts Program.

Entry Form

Name: _____

Address: _____

City, state, zip _____

Phone: _____

Email: _____

Age on race day: _____

Male

Female

T-shirt size (unisex): S M L XL XXL (\$2 extra)

I would like to donate \$ _____
(check/cash enclosed)

WAIVER (MUST BE SIGNED)

I know that by participating in a running road race is a potentially hazardous activity. I should not enter and participate 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 run. I assume all risks associated with participating in this runner activity including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic, and the conditions of the course, all such risks being known and appreciated by me. I also give permission for my photo to be taken and to be used for future publicity purposes of this race. Having read this waiver, knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Kecoughtan High School Choral Arts Program, Hampton City Schools, the City of Hampton, Peninsula Track Club and Road Runners of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____

Parent/Guardian Signature (if under 18)

Date postmarked: _____

Check # _____ Cash

Amount: _____