



Peninsula Pumpkin Run 5K Kids 1/2 Mile 5K Walk



www.pumpkinrun5k.com

October 29 2011 8:30 am

City Center Newport News, VA

Sponsored By

Alion Science and Technology

Proceeds to the Light the Night Foundation

Starting Time & Place

8:30 am – 5k Run Walk. City Center Newport News VA

9:30am – Kids 1/2 Mile

Course: The race starts and finishes in City Center and winds through Oyster Point on a flat loop. There is plenty of opportunity for you family and friends to cheer you on to the finish!

Entry Fee: Cost is \$20 if received by October 1, 2011,

\$25 10/2-10/26 and \$30 at Packet Pick-up/Race Day.

Make Checks payable to Peninsula Running Services.

Mail to

Peninsula Running Services

608 Roslyn Road

Newport News, VA 23601

Registrations should be mailed by 10/20/2011

Kids run registration is online at www.Pumpkinrun5k.com.

Packet Pick-Up: Friday 10/28/11 TBA. 7:00-8:00am Race Day

Perks: Guaranteed T-Shirt to the first 300 Entrants,

Awards

Kids 1/2 Mile: All entrants will receive a ribbon. Top 3 boys and Girls receive a prize.

Walkers: Top 3 Men and Women.

Runners: Awards to the top three in each age group as follows: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & up. Trophies to the overall male and female winners (not eligible for age group awards).

Costume Contest: Adult and Children Awards for the Best, Funny, Scary, Pumpkin Themed. Costumes must be safe to run in as determined by race officials. No masks, sharp objects etc. Please remember this is a family event. No obscene costumes or slogans please.

Registration: Register online at **Active.com** until Midnight October 26, 2011 or Mail registrations to Peninsula Running Services.

More Information: For race information call Dan Powell, 757-240-5331. / racedirector@pumpkinrun5k.com / www.pumpkinrun5K.com

Peninsula Pumpkin Run 5k Run / Walk



Last Name										First Name										MI
<input type="text"/>										<input type="text"/>										<input type="text"/>

Address

City										State		Zip		Alion Employee <input type="checkbox"/>	
<input type="text"/>										<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	
Day Phone				Evening Phone				Date of Birth		Age (on race day)					
<input type="text"/>				<input type="text"/>				<input type="text"/>		<input type="text"/>					

5K Run	5K Walk	Gender M/F	Shirt S M L XL	Amount Enclosed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Payable to:
Peninsula Running Services
Entry Fee:
 \$20 by 10/1/11
 \$25 after 10/1/11
 \$30 Packet pick-up /
 race day

WAIVER STATEMENT

In consideration of your acceptance of my entry, I for myself, my heirs and personal representatives, waive and release Alion Science and Technology, Alion Cares, Light the Night Foundation, Kale Running, Harvey Lindsey, The City of Newport News, its principals, all sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the Peninsula Pumpkin Run 5K race, Walk and Children's 5K. I attest and verify that I am physically fit and have sufficiently trained to complete this event. I agree to abide by any decision made by a race official relative to my ability to safely complete the run. I assume all risk associated with running this event including but not limited to, falls contacts with other participants, the effects of weather including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that my entry fee is non-refundable and my bib number is nontransferable. I further understand that I will run on the race course as laid out and I will be eliminated from competition if I am not on the prescribed race course. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand this race is conducted under USATF /RRCA Rules: No Dogs, Skateboards, Skates, Rollerblades or Strollers

Email Address

Participant Signature _____ Date _____
 (If participant is under 18, parent or guardian must sign)