

# 4<sup>th</sup> ANNUAL CHRISTOPHER FARMS ELEMENTARY 5K Race & 1 Mile Fun Run



**April 18, 2010**

**Presented by: Christopher Farms Elementary School PTA  
T-Shirts Guaranteed to the First 200 Runners!**

**Great Giveaways: T Shirts, Goody Bags, Sponsor Freebies**

**Awards: Given to top three finishers, male and female in each age category**

**5K – Overall, 13 and under, 14-19, 20-29, 30-39, 40-49, 50 and over**

**1 mile – Overall, 6 and under, 7-8, 9-10, 11-12**

**RACE TIME: One Mile: 1:00 PM, 5K: 2:00 PM; Packet pickup starting at 12:00 noon.**

**PLACE: Christopher Farms Elementary School, 2828 Pleasant Acres Dr, Virginia Beach, VA**

**DIRECTIONS: From Norfolk or western points: I-64 to East I-264, take Lynnhaven Blvd exit south to Holland Rd. Turn left (east) on Holland Rd. Proceed approximately 2 miles to the Christopher Farms subdivision and turn right on Pleasant Acres Dr. Immediately turn right at the T, then an immediate right into the elementary school.**

**ENTRY FEES:**

**\$15 for 5K run, \$7 for the mile run**

**Family Discount:**

**One free child 1 mile run with each paid 5k entry**

Drop entry form with check in Christopher Farms PTA box *or*

Mail to: Mark Burgess, PO Box 56212, Virginia Beach, VA 23453

*Please make checks payable to "CFES PTA" No refunds or exchanges*

Questions: Phone 757-572-6988; or email: [crunchf14@aol.com](mailto:crunchf14@aol.com)

**ENTRY FORMS MUST BE FILLED OUT COMPLETELY AND ACCURATELY.**

**FAILURE CAN RESULT IN FORFEITURE OF SHIRT OR AWARD. SHIRT SIZE MUST BE SELECTED.**

**Name (Last, First, MI)**

**Email address (for confirmation)**

**Age (Race Day)**

**Shirt**

**Adult/Child**

**Strider Member**

**Sex**

**Phone w/ Area Code**

**S M L XL**

**Yes / No**

**M / F**

**Circle Race Category: 5K Runner**

**1 Mile Runner**

(name of adult for child discount)

**Mailing Address Street, Apt. No.**

**City**

**State**

**Zip code**

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 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 race 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 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 application, I, for myself and anyone entitled to act in my behalf, waive and release any and all sponsors including, but not limited to, the Tidewater Striders, CFES PTA, RRCA, City of Virginia Beach, Virginia Beach City Public Schools, race officials, volunteers and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion picture, recordings, or any other record of this event for any legitimate purpose.

**Runner's Signature** \_\_\_\_\_ **Signature Date:** \_\_\_\_\_

**Parent's Signature if Under 18** \_\_\_\_\_ **Signature Date:** \_\_\_\_\_