East Coast Surfing Championships
5K Run

8 a.m., Saturday, August 23rd
5th Street & Oceanfront · Virginia Beach

Divisions (select all that apply) **o Male** **o Female** **o Fun Run (12 & under)**

o 14-Under	o 30-34	o 50-59
o 15-19	o 35-39	o 60 and older
o 20-24	o 40-44	o Walker
o 25-29	o 45-49	o Wheelchair

- **Awards:** Top three male and female overall, top three male and female in each age group, and top two wheelchair male and female. **ECSC** 5K tank-top shirts for runners who pre-register. Refreshments and door prizes will be presented after the race.
- **Registration:** Fees: $20 each runner. Registration limited to first 700 entries. **Deadline: Must be postmarked by August 18, Late registration is $30 per runner.** Race day registration starts at 6:30 a.m. Register on-line at **www.surfecsc.com** **or** **www.active.com** . (*$30 registration fee open until August 21st on-line.)*
- **Payment Info:** Make checks payable to ECSC and mail with entry form to ECSC – 5K, P.O. Box 62041, Virginia Beach, VA 23466

Name**:** _____Phone:_____

Address: _____

City: _____State: _____ Zip: _____

Email Address: _____

Tank Top Size: *(circle one)* XL L M S Age: _____ Birthdate: _____

- **Race Coordinator:** Mathew McCarthy, 1-**800-861-SURF** ***or*** **757-557-6140** **e-mail**: mmccarthy@finsvcs.com

In consideration of acceptance of my application to the **46th Annual ECSC**, I hereby release the Virginia Beach Jaycees, their members, the Tidewater Striders, the city of Virginia Beach, all sponsors, agents, successors, and assigns any other person or organizations officially connected with their competition from liability for and all injuries or damages whatsoever arising from my participation or presence at their event. I also give my release for the use of photos, film or video taken of me at the event. I fully understand that I will be disqualified from the competition if I am found guilty of any rules violation, with no refund of entry fees. In addition, I am responsible for keeping posted of any changes in the scheduled times.

_____

Contestant Signature Date

_____

Parent/Guardian Signature (if under age 18) Date

ECSC INFO Line:
757-557-6140 or
info@surfecsc.com

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