



March 31, 2012 at 3:00 PM - www.viriniabeachmustangs.com

RACE COURSE: The course runs out behind the Virginia Beach Sportsplex on the trails used by the Virginia Beach High School Cross Country Teams. The event will be timed using the ChronoTrack Bib Tag.

PARKING/DIRECTIONS: All activities are at and around the Virginia Beach Sportsplex, 2181 Landstown Road, Virginia Beach, Virginia 23456

REGISTRATION: The fee for the 5k is \$25.00 until March 30th and \$30.00 on race day. Each participant will receive a T-shirt and 2 tickets to Cinema Cafe. The 1 mile fun run is \$15.00, and each participant will receive a custom medal and 2 tickets to Cinema Cafe. Mail all registrations to VB Mustangs, c/o Virginia Trophy 415 S. Lynnhaven Rd, Virginia Beach, VA 23452. Please make all checks payable to Mettle Events. Registration is also available on Active.com.

PACKET PICK UP: Packet pick up and late registration will be held outside the Virginia Beach Sportsplex from 1:30 pm to 2:45 pm. The 5K will start at 3:00 pm and the 1 mile will start at 3:45 pm.

AGE GROUPS: Awards go to top three Male & Female Overall, and top three Male & Female in each age group will receive an award. 11 and Under, 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Name (First, MI, Last) _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex _____ Phone Number _____

Email _____ Birth date _____

T-Shirt size (circle one) S M L XL Event: 5K _____ 1 Mile _____

I understand that I am running a road race that is a potentially dangerous activity and poses certain serious health risks. I represent that I am medically able and properly trained to participate in this event. I have read this waiver and release, and also fully understand and agree to its terms. I, acting for myself and anyone entitled to act on my behalf, now and forever, waive, release, defend, save and hold harmless, the City of Virginia Beach, its employees, representatives, and agents, The Virginia Beach Sportsplex, Mettle Events, race officials, volunteers, all sponsors and their representatives and successors, from and against, any and all claims and liabilities, whether based on personal injury, death or monetary loss, which may arise out of my participation in this event. I assume all risks associated with running in this event including falls, contact with other participants, the effects of the weather from heat and humidity, the traffic, condition of the roadways and trails, and such other risks known and appreciated by me. In addition to the foregoing, I hereby grant the right for all of the foregoing to use any photographs, motion pictures recording devices, or any other record of this event for legitimate purposes. I further understand that this event is a road race conducted under the rules of the USATF, is not intended for skates, roller blades, bikes, or dogs on leashes. I agree to abide by USATF rules and any other applicable rules, laws, or guideline. **No Refunds, Exchanges, or Transfers. Race held rain or shine**

Signature _____ Date _____

Parent's signature if less than 18 yrs is required.

Race day food provided by the Virginia Beach Sheriff's Department.

VB Mustang Football would like to thanks its Sponsors, Cinema Café, VB Sheriff's Dept., Virginia Trophy, Hybrid Training Center, Sinnen and Green, Centre for Dental Excellence, McGuire and Sons and Arvon Staffing