



# 24 HOUR 16TH ANNUAL ULTRA RUN & WALK

SANDY BOTTOM NATURE PARK • HAMPTON, VA • APRIL 27-28, 2019

## Virginia 24-Hour Run for Cancer



**Entry Deadline: April 1, 2019 (or when filled to 225)**

**OPEN to INDIVIDUALS or TEAMS of 2 through 12**

**Walkers Welcome**

**RACE DAY CHECK-IN AT 6:00AM, APRIL 27**

**RACE BEGINS AT 7:00AM, SATURDAY, APRIL 27 AND STOPS AT 7:00AM, SUNDAY, APRIL 28**

### USATF Course Certification VA12075RT

Awards: Wooden Plaques for all who complete 50, 75, 100, or 125 miles;  
Special 500-mile Club Jackets and plaques to 1st place male and female and top Fundraiser  
(Course Records: Male: 135 miles; Female: 131 miles; Team: 914 miles)

Technical T-Shirts for all entrants • Miles included for another race completed on the same day  
Volunteer lap counters will be provided • Runners will be on a flat 3.75 mile all dirt nature park trail  
Bring flashlights for night running • Liquid refreshments and pizza/subs will be provided

Runners must provide their own food • Camping sites available: (757) 825-4657

Pacers allowed after dark

For More Info: George Nelsen: (757) 874-4635; NELSENGEORGE@MSN.COM



## OFFICIAL ENTRY FORM RELEASE and WAIVER

NAME (Print) \_\_\_\_\_ GENDER: M F AGE ON RACE DAY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_ SHIRT SIZE: S M L XL

REGISTRATION FEE: INDIVIDUAL (\$75+) TEAM (\$480+) TEAM SIZE \_\_\_\_\_

PERSONAL CHECK: \_\_\_\_\_ TEAM NAME: \_\_\_\_\_

DONATIONS COLLECTED: \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_ \$ \_\_\_\_\_ MAIL ALL TEAM ENTRIES TOGETHER (ONE FORM EACH)

Optional Donation to Sandy Bottom: \$ \_\_\_\_\_ \$ \_\_\_\_\_ Donation checks payable to "Friends of Sandy Bottom"

MAKE CHECKS OUT TO: AMERICAN CANCER SOCIETY (ALL \$\$ TAX DEDUCTIBLE)

MAIL CHECKS & ENTRY FORM TO: GEORGE NELSEN, ATTN: 24 HR RUN, 407 BELTON PLACE, NEWPORT NEWS, VA 23608

ALL REGISTRATIONS MUST BE POSTMARKED BY APRIL 1, 2019

EMERGENCY CONTACT: NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

LONGEST DISTANCE RUN/WALK IN LAST 12 MONTHS: \_\_\_\_\_ MEDICAL CONDITIONS: \_\_\_\_\_

I know that running a long endurance race is a potentially hazardous activity. I should not enter such a 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 running this event, including, but not limited to falls, contact with other participants, weather effects such as heat & humidity, and the conditions of the route, all such risks being known & appreciated by me. Having read this waiver & knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the City of Hampton, Peninsula Track Club, Sandy Bottom Nature Park, Road Runners Clubs of America (RRCA), USA Track & Field (USATF), American Cancer Society, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any record of this event for any legitimate purpose.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_