



24 HOUR ULTRA RUN & WALK

17TH ANNUAL

SANDY BOTTOM NATURE PARK • HAMPTON, VA • APRIL 25-26, 2020

Virginia 24-Hour Run for Cancer



Entry Deadline: April 1, 2020 (or when filled to 225)

OPEN to INDIVIDUALS or TEAMS of 2 through 12

Walkers Welcome

RACE DAY CHECK-IN AT 6:00AM, APRIL 25

RACE BEGINS AT 7:00AM, SATURDAY, APRIL 25 AND STOPS AT 7:00AM, SUNDAY, APRIL 26

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: 1052.75 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, 2020

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: _____