



24 HOUR ULTRA RUN & WALK

10TH ANNUAL

SANDY BOTTOM NATURE PARK • HAMPTON, VA • APRIL 20-21, 2013

Virginia 24-Hour Run for Cancer



Entry Deadline: April 9, 2013

OPEN to INDIVIDUALS or TEAMS of 2 through 12

Walkers Welcome

RACE DAY CHECK-IN AT 6:15AM

RACE BEGINS AT 7:00AM, APRIL 20 AND STOPS AT 7:00AM, APRIL 21

USATF Course Certification Pending.

Awards: Wooden Plaques for all who complete 50, 75, or 100 miles; Special 500-mile Club Jackets and plaques to 1st place male and female (Course Records: Male: 125 miles; Female: 101.25 miles; Team: 803.5 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 • On-site liquid refreshments 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: _____

REGISTRATION FEE: INDIVIDUAL (\$75+) TEAM (\$350+) 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 9, 2013 — ADD \$25 TO ENTRY FEE THEREAFTER

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), 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: _____