



Potomac Valley Track Club

Tim Good Memorial One Hour Postal and 5,000m Run Potomac Valley/Virginia Association Championship

Sunday, September 30, 2018
1 Hour 9:00 am/5,000m run 10:30 am

- **Entry Fee:** \$5 PVTC members \$10 non-members (\$5 additional dollars for Int'l Postal)
- **Join us!** Join Potomac Valley Track Club and save \$5 on our races
- **Race-day:** Yes, there will be race-day registration, event will be conducted by USATF rules
- **Location:** TC Williams High School, 3330 King Street, Alexandria, VA
- **Awards:** Awards in Top 3 5-year age groups (men and women)
- **Contact:** Becky Klein, boopwalk@yahoo.com, 831-588-0858

Send form and check to
PVTC, 1420 Bird Watch Ct, Woodbridge VA 22191
No later than Wednesday, September 26 or bring this form with you on race day



PVTC ENTRY FORM

Name _____ Age on race day ___ M/F ___

Address _____ Birthdate _____

City, State, ZIP _____ Phone _____

E-mail _____

USATF # _____

Event One Hour Postal \$5 for entry to National One Hour Postal

Enclosed is 5000m Run

\$5 (PVTC members) \$10 (non-members)

Here is an additional donation of \$ _____ to PVTC. Total enclosed: \$ _____

I will help as a volunteer. Please call me.

I know walking or running in a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including, TC Williams HS, Potomac Valley Track Club, and USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to release my name and photo for publicity purposes. I agree that my entry fee is non-fundable. I understand that my name and address may be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____