

JCC PRESCHOOL 5K RUN/WALK ~ 23Rd annual Sunday, May 3, 2009



TIME 8:30 am Registration for 1 mile and 5K (until 9:45 am)
10:00 am 1 Mile Run
10:30 am 5K Run/Walk
11:30 am Kids 50 yard dash (no entry fee)

DATE Sunday, May 3, 2009

WHERE Jewish Community Center; 2700 Spring Road, Newport News
Directions: Take Warwick Boulevard or Oyster Point Road to Nettles Drive. Turn on Winterhaven and Left on Spring Road. The JCC is at the end of Spring Road.

ENTRY \$15.00 Pre-registration (postmarked by 4/24/09)
\$20.00 Registration after 4/24/09
Checks payable to UJCVP; 2700 Spring Road; Newport News, VA 23606
T-shirt availability and size preference not guaranteed unless pre-registered

AWARDS For 5K run/walk and 1 mile: Top 3 overall male & female and top 3 male & female in each age group:
1 mile: ages 6 & under, 7-9, 10-12, 13-15
5K run/walk: ages 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

INFORMATION www.jcc5krace.com email jccpreschool5k@yahoo.com
Phone 757-930-1422 Fax 757-930-3762

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Male or Female _____ Age (on race day) _____

T-Shirt Size (circle one) Adult: S M L XL -or- Youth S M L

Event 1-mile _____ 5K Run _____ 5K Walk _____

Please read the reverse side of this form in its entirety before signing.

ACKNOWLEDGEMENT: I HAVE READ THE ACKNOWLEDGEMENT AND ASSUMPTION OF RISK, WAIVER OF LIABILITY IN ITS ENTIRETY AND I FREELY AND VOLUNTARILY EXECUTE THE SAME. I UNDERSTAND THAT I MAY BE WAIVING CERTAIN LEGAL RIGHTS BY EXECUTING THIS DOCUMENT.

Signature (of parent or guardian if runner is under 18) _____

Name: _____

Date: _____

Checks payable to UJCVP; 2700 Spring Road, Newport News, VA 23606

RUNNER AGE 18 AND OVER:

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK
AND WAIVER OF LIABILITY**

ACKNOWLEDGEMENT OF AND ASSUMPTION OF RISK: I acknowledge that participation in the JCC Preschool 5K Run/Walk, like any run, walk, or race, entails inherent risk to participants' health and safety, including the possibility of severe injury or death. I represent that I have trained for this event or am otherwise in adequate physical condition to participate in this event. I hereby assume all of the risk of participating in this event and take responsibility for all such risk and any injury (including death) that I may suffer by participating in this event.

WAIVER OF LIABILITY AND INDEMNIFICATION: In consideration for being permitted to participate in this event, to the full extent that the law allows, I hereby, on behalf of myself, as well as my heirs, estate, and personal representatives, release, waive, discharge, and agree to hold, indemnify, and save harmless the United Jewish Community of the Virginia Peninsula, Inc., its affiliates, and their respective agents, employees, volunteers, and sponsors from any and all liability, including, without limitation, liability for personal injury, damages to property, or wrongful death, on account of or in any way resulting from my participation in the event described above.

This Agreement is intended to be as broad and inclusive as is permitted by law. However, if any provision or part of this Agreement is held to be invalid or otherwise not legally enforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain in full force and effect.

RUNNER UNDER 18 YEARS OLD:

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK
AND WAIVER OF LIABILITY**

ACKNOWLEDGEMENT OF AND ASSUMPTION OF RISK: I acknowledge that participation in the JCC Preschool 5K Run/Walk, like any run, walk, or race, entails inherent risk to participants' health and safety, including the possibility of severe injury or death. I represent that my child has trained for this event or is otherwise in adequate physical condition to participate in this event. I hereby assume all of the risk of my child participating in this event and take responsibility for all such risk and any injury (including death) that my child may suffer by participating in this event.

WAIVER OF LIABILITY AND INDEMNIFICATION: In consideration for my child's being permitted to participate in this event, to the full extent that the law allows, I hereby, on behalf of myself and my child, as well as our respective heirs, estates, and personal representatives, release, waive, discharge, and agree to hold, indemnify, and save harmless the United Jewish Community of the Virginia Peninsula, Inc., its affiliates, and their respective agents, employees, volunteers, and sponsors from any and all liability, including, without limitation, liability for personal injury, damages to property, or wrongful death, on account of or in any way resulting from my child's participation in the event described above.

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