

30th ANNUAL
RUN FOR SIGHT
5k and 1 mile run

Saturday, November 22, 2008

Mile - 8:30 am, Boys 5k run - 9 am, Girls 5k run - 9:45am



SPONSORED BY THE WARDS CORNER LIONS CLUB

Race Proceeds will be used to support the Tidewater visually and otherwise handicapped recreation programs

Entry: \$13 for members of a 5-7 person team. \$15 for preregistered runners age 20 and under, \$20 for runners older than 20. Raceday Entries are all \$25. T-shirts to all pre-registered runners, then first come first serve. This is not a Tidewater Strider race. No Golden Runner or Tidewater Strider free race passes accepted. **Race Day registration from 7:00am to 7:45am.**

Course: Norfolk Academy's Cross Country Course. Norfolk Academy is located at 1585 Wesleyan Dr. in Norfolk 23502.

Awards: 5K Men & Women overall and age groups. Mile awards will be given to the Men & Women overall. Team Awards. Awards are gift certificates to Running Etc. on Colley Ave, Norfolk & Laskin Rd, Virginia Beach. There will also be random raffle prizes.

Age groups: Men: 1-15, 16-20, 21-30, 31-35, 36-40, 41-45, 46-55, 55+
Women: 1-15, 16-20, 21-30, 31-35, 36-40, 41-45, 46-55, 55+

Team Competition: 5-7 person teams. Entries sent together, or email me letting me know who's on the team.

Refreshments: At the finish there will be fruit, bagels, donuts, assorted drinks, and other refreshments.

Race Director: Ken Lampert (757) 493-4370 (days)

Website: www.geocities.com/runforsight or **Email:** zlampert@finsvcs.com

All Blind runners have free entry

NO REFUNDS, EXCHANGES OR TRANSFER
INCOMPLETE RACE APPLICATIONS WILL NOT BE PROCESSED:
MAIL ENTRY FEE TO: RUN FOR SIGHT, 5311 Kindlewood Dr. Virginia Beach, VA 23455
Make checks payable to: Wards Corner Lions Club.

Name (First, MI, Last) : _____

Age on Race Day: _____ Birth date: _____ T-shirt Size(Circle One): S M L XL

Sex (Circle One): Male Female Phone Number _____

Mailing Address : _____

City _____ State _____ Zip _____ email _____

Which race are you running (Circle One): 5k 1 Mile Team Name _____

I know that running a road 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 relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to, falls, contact with other participants, the effect of weather, including high heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules, USATI and IAAF rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hotline at 1-800-233-0393. 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 the City of Norfolk, Sentara Norfolk General Hospital, USATF, race officials, volunteers and 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 other record of this event for legitimate purpose. I understand this 5k and mile road race is not intended for baby joggers, baby strollers, headphones, skateboards, or dogs on leashes...I will abide by these guidelines

Signature _____ Date _____

Parent Signature if under 18 years _____ Date _____