



GET A HEAD START ON PEANUT FEST!

FREE!

5K RUN/5K WALK • SATURDAY, OCTOBER 1, 2011

Join us for the First Annual Peanut Fest 5K Run/5K Walk at Constant's Wharf before the Peanut Fest Parade. Walk, run and have some fun! Everyone welcome!

**5K run/walk
begins at 7:30 am**



Check-in 6:30 am
Warm-up 7:15am

**This is not an
officially-timed event*

- ▶▶ **Events begin and end
at Constant's Wharf**
- ▶▶ **Prize drawing for participants
following completion of events**



**Parking and
Route
Information
available at**



www.suffolkpartnership.com
or
www.suffolk.va.us/parks

Register by September 28, 2011*

*Please note: no on-site/race-day registration



Presents



In Partnership with



REGISTRATION FORM

Name _____ Sex _____ Age on Race Day _____

Address _____ City State & Zip _____

E-mail _____ Phone _____

Team _____

Please donate one (1) canned good, if able, to support Suffolk food pantries.

Please Circle Event: 5K Run (begins @ 7:30 a.m.) or 5K Walk (begins @ 7:30 a.m.)

FREE!! Registration ends September 28, 2011. There is no on-site registration. **FREE!!**

Events begin and end at Constant's Wharf & Marina. Prize drawing for participants directly following completion of all events.

Waiver and Release: I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly train. I agree to abide by any decision of a race official relative to my ability to safely complete the course. I assume all risks associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including low temperatures and/or wind chill, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors, and administrators waive and release any and all claims I may have for damages against the city of Suffolk Virginia, the Suffolk Parks and recreation, the Suffolk Partnership, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Consent to use photographs: I understand that photographs may be taken of me and/or my child at any Parks & Recreation program or facility for publication in material used to promote department programs, classes, or events.

Signature _____ Date _____

Parent Signature (if under 18 yrs old) _____ Date _____

Mail completed form to: SPHC, Re: 5K Registration, 1707 N. Main Street, Suffolk, VA 23434

Email completed form to: info@suffolkpartnership.org

Fax completed form to: (757) 514-7276, ATTN: Jason Pittman

THANKS TO OUR SPONSORS:



AND SUPPORT FROM:

