

# 5K RUN/WALK FOR THE MUSIC

SATURDAY, FEBRUARY 20, 2016

**ONLINE REGISTRATION:** <https://register.chronotrack.com/r/18754>

START TIME:	9:00am (Awards will be presented immediately following the race.)
CHECK-IN:	7:45am-8:45am
LOCATION:	BELLS MILL PARK, 424 ALBEMARLE DR., CHESAPEAKE, VA 23222



**PAYMENT INFORMATION:** Make check or money order payable to the "OSHS Orchestra" and mail to:  
5K Run/Walk for the Music, Deanna Kringel, Oscar Smith High School, 1994 Tiger Dr., Chesapeake, VA 23320  
(No refunds, exchanges or transfers. Incomplete applications will not be processed.)

**RACE COORDINATOR:** Deanna Kringel, deanna.kringel@cpschools.com, (757)288-4055, [www.osmith-orchestra.org](http://www.osmith-orchestra.org)

Individual Competitor Entry Fees for all Runners & Walkers:

**EARLY-BIRD REGISTRATION** (postmarked by January 20, 2016)

\_\_\_ \$20.00 = EARLY-BIRD REGISTRATION

\_\_\_ \$15.00 = EARLY-BIRD REGISTRATION for \_\_\_ **music educators** (current or retired) and \_\_\_ **music students** currently enrolled in BAND, CHORUS, or ORCHESTRA: NAME OF SCHOOL: \_\_\_\_\_

**REGULAR REGISTRATION** (postmarked by February 13, 2016)

\_\_\_ \$25.00 = REGULAR REGISTRATION

\_\_\_ \$20.00 = REGULAR REGISTRATION for \_\_\_ **music educators** (current or retired) and \_\_\_ **music students** currently enrolled in BAND, CHORUS or ORCHESTRA: NAME OF SCHOOL: \_\_\_\_\_

**ALL RACE DAY REGISTRATIONS** (& registrations postmarked after February 13, 2016)

\_\_\_ \$30.00 = ALL RACE-DAY REGISTRATIONS

**\*\*\*AWARDS: THE FIRST THREE MALE & FEMALE FINISHERS, THE FIRST THREE FINISHERS IN EACH AGE GROUP & THE FIRST THREE RACE WALKERS**

DIVISION: \_\_\_ Male \_\_\_ Female

DIVISION: \_\_\_ Run \_\_\_ Walk

AGE GROUP: \_\_\_ 14 & under \_\_\_ 15-19 \_\_\_ 20-29 \_\_\_ 30-39 \_\_\_ 40-49 \_\_\_ 50-59 \_\_\_ 60 & older

SHIRT SIZE: \_\_\_ Adult Small \_\_\_ Adult Medium \_\_\_ Adult Large \_\_\_ Adult X-Large \_\_\_ Adult XX-Large

(T-shirts are only guaranteed for early-bird and regular registrations.)

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

I understand that running and racewalking are potentially dangerous activities. I should not enter the race 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 risk associated with running in this event, including but not limited to falls, contact with other participants and the effect of weather including heat and humidity, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, RRCA, USATF, Virginia Association USATF, the City of Chesapeake, Chesapeake City Public Schools, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I understand that this is a race conducted under the rules of the RRCA and USATF and is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

\_\_\_\_\_  
Contestant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (if under age 18)

\_\_\_\_\_  
Date