



**EMPOWERING PERSONS
WITH DISABILITIES**

HOW TO REGISTER:

**MAIL: SEND THIS COMPLETED FORM AND CHECK TO:
EGGLESTON OK5K & 1 MILE RUN, WALK & ROLL
1161 INGLESIDE ROAD, NORFOLK, VA 23502**

ONLINE: EGGLESTONSERVICES.ORG/OK5K

MAIL AND ONLINE REGISTRATION DEADLINE: JUNE 11, 2019!

DAY OF RACE: ON-SITE AT VIRGINIA WESLEYAN AT 6:30AM

ENTRY FEES:

5K Race: \$30 (\$35 on-site)

1 Mile Race: \$15 (\$20 on-site)

Both Races: \$40 (\$45 on-site)

2019 REGISTRATION FORM

Last Name/First Name _____

Address, City, State, Zip _____

Phone _____ Email _____

Age on Race Day _____ Birthdate _____ Gender M F

Team Name _____

Registering for: 5K 1M Both

T-Shirt Size Category: YOUTH ADULT T-Shirt Size: XS S M L XL 2X 3X

I'd like to make an additional donation to Eggleston, in the amount of \$ _____ (enclosed).

Please make checks payable to Eggleston.

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

Waiver: I understand that a road race is a potentially hazardous activity. I should not enter the run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running or walking in the event, including but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Eggleston, the City of Norfolk, Virginia Wesleyan University, race officials, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This race is not intended for headphones, skates or dogs on leashes, and I will abide by these guidelines. Race held rain or shine.