



# 5K Run/Walk

to benefit the  
Tidewater Whitecaps  
Softball Association

## Saturday, June 16, 2012

### Race begins at 8:00 am

All proceeds to Benefit the Tidewater Whitecaps Softball Association

\$20 registration before June 15th / \$25 on the day of the race

Registration begins at 7:00 am

T-Shirts will be distributed to the first registrants while supplies last

Race begins at the Rappahannock Recreation Pool, Airport Road, Tappahannock, Virginia

#### Entry Form:

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

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

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear of this event? \_\_\_\_\_

### Liability Waiver

*Must be signed to participate*

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official regarding my ability to compete in the race and I assume all risks associated with running/walking this event. I waive and release the Tidewater Whitecaps Softball Association, RivahFest, and Town of Tappahannock along with their representatives and agents from all claims or liabilities of any kind arising out of participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name & Signature of Parent or Guardian if under 18:

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return payment and registration form to:

Tidewater Whitecaps, c/o Wendy Coates, 2183 Cheatwood Mill Road, Tappahannock, Virginia 22560

Please Make Checks Payable to: Tidewater Whitecaps

Questions? Call Wendy Coates at 804-445-3507 or email [tidewaterwhitecaps@gmail.com](mailto:tidewaterwhitecaps@gmail.com)