



5K Run/Walk

to benefit the
Tidewater Whitecaps
Softball Association

Saturday, June 16, 2012

Race begins at 8:00 am

All proceeds benefit the Tidewater Whitecaps Softball Association

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

Registration will begin at 7:00 am

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

Race begins at the Rappahannock Recreation Pool, 566 Airport Road, Tappahannock, Virginia

Entry Form:

Name: _____ Male Female Age: _____

Address: _____

Telephone: _____ Email: _____

How did you hear of this event? _____

Runner Walker SMS Carrier _____ (AT&T / Verizon / etc) SMS Cell Phone _____

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: _____

Emergency Contact: _____ Emergency Contact Number: _____

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