



Run FORKIDS 5K

Onelife Fitness

Run For Kids 5K

Race Date: Saturday, July 10th, 2010

Also Sponsored By:



Race Director
Jen Johns
757-248-4800
Jen@onelifefitness.com

Race Times: 7:00 AM-8:00 AM Morning Registration
7:45 AM Stretching
8:00 AM 5K Run (3.1 Miles)
9:00 AM 1 Mile "Bud" Run (kids)
9:30 AM 1/4 Mile "Seedling Shuffle" (kids)

LOCATION

Onelife Fitness and ForKids invites all runners and walkers to participate in the Second Annual Run ForKids 5K Run/Walk and 1 Mile Fun Run. The 5K and kids 1 mile course starts and ends at the Norfolk Botanical Gardens.

AWARDS

Awards will be given to top three male and female overall and for top three Male and Female in age group 19-under, 20-29, 30-39, 40-49, 50-59, 60-over, will be presented immediately after the race. There will also be awards for top boy and girl finisher in the 1 mile kids run.

COURSE SUPERVISION

Runners must follow traffic flow and yield the right-of-way to vehicular traffic. Course marshals will be located at critical checkpoints on the course. Water will be supplied on the course.

REFRESHMENTS

There will be light refreshments before and after the race.

REGISTRATION

\$25 Minimum Donation Required Per Adult, \$10 Minimum Donation Required Per Child

Packet pickup is race day at the Norfolk Botanical Gardens. All pre-registered entries will receive a T-shirt. Race day registration does not guarantee a t-shirt. \$25.00/\$10.00 Minimum Donation for PRE-REGISTERED AND RACE DAY REGISTRATIONS.

OFFICIAL ENTRY FORM

*Cost is a \$25.00 donation per entry for 5K, \$10.00 donation per children's 1Mile entry. Registrations can be turned in at Chesapeake, Virginia Beach, Newport News, or Norfolk Onelife Fitness Facilities. Mailed entries must be postmarked by Thursday, July 1st, 2010. Please make all checks and money orders payable to: **For Kids** and mail to: **Onelife Fitness 1900 Monticello Ave, Norfolk, VA 23517.**

FIRST NAME MI LAST NAME

MAILING ADDRESS CITY/STATE ZIP

(AREA CODE) PHONE # EMAIL ADDRESS

AGE _____ SEX (please circle) MALE FEMALE T-SHIRT, CIRCLE ONE - M L XL

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and Onelife Fitness, Kalerunning.com, the U.S. Government, the City of Norfolk, Commonwealth of Virginia and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner Date

Signature of Parent if Runner under 18 Date

**Onelife Fitness/For Kids
Run For Kids
5K RUN/WALK Saturday – July 10th, 2010 Rain or Shine**