

EAST BEACH CHESAPEAKE BAY 10k



Saturday April 10, 2010

Race start time 8:00 am

East Beach Norfolk

This year the Chesapeake Bay 10K has again partnered with the beautiful seaside community of East Beach for the 7th running of the Chesapeake Bay 10K. Join us again for a pleasurable run through the beautiful community of East Beach where life returns to a simpler time. A time when pedestrians were part of the landscape, and cars were not. A time when housing styles were diverse and interesting, neighborhood streets were smaller, sidewalks were everywhere, neighborhood shopping was within walking distance, and massive expanses of concrete and asphalt were nowhere to be found. A time when life — and everything about it — was simpler. East Beach. A simple life on the Chesapeake Bay.

RACE COURSE:

The Chesapeake Bay 10k is a certified 10k road race starting and finishing at the Bay Front Club in East Beach, winding through the beautiful East Beach community and heading down Ocean View Ave for a short stretch before returning back to the peaceful streets of East Beach and finishing with a grand party at the East Beach Bay Front Club. The race will be chip Timed. The children's mile starts at 9:15 near the Bay Front Club and loops through East Beach before returning to finish in front of the Bay Front Club.

PARKING:

Parking on race day is available in designate grass lots in East Beach and surrounding legal street parking. 4550 E Ocean View Ave. Norfolk, VA 23518.

10K REGISTRATION:

The fee is \$30.00 for all registrations post marked by March 27, 2010. The fee as of March 28, 2010 will be \$35.00 before race day. Race day registration is \$40. Children's Race is \$5.00 per child through race day. No refunds, Exchanges or Transfers allowed. Special finisher awards will be given to all children. Please mail all registrations to Chesapeake Bay 10k, 1211 Buckingham Ave., Norfolk, VA. 23508. Please make all checks payable to Kale Running. Registration is also available on Active.com. Race day registration will be available at the Bay Front Club from 6:30 to 7:30 am.

AWARDS:

Awards ceremony will start at 10:00am located at the Bay Front Club. There will be plenty of music, food and drink. Door prizes will be raffled off at this time. Children will receive finisher awards.

AGE GROUPS:

Top three Male & Female Overall, Top three Male & Female Masters, Top three Male & Female Walkers and Top three Male & Female in each age group will receive an award. 16 and Under, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. First Place Overall Male & Female and First place Overall Male & Female Masters will each receive a \$150.00 check. Double Dipping is allowed for prize money.

RACE DIRECTORS:

Race directed and managed by kalerunning.com. Please contact your race director, Ann Hupp at team@kalerunning.com or visit us on the web at <http://www.chesapeakebay10k.kalerunning.com> if you have any questions.

Incomplete applications will not be processed. One application per runner please.

Name (First, MI, Last) _____

Address _____ City, State _____ Zip _____

Age ____ Sex ____ Phone Number _____ Email _____

Birth date _____ Personal Chip ID _____ T-Shirt size (circle one) S M L XL
(Children will not receive t-shirts)

Event (check one) 10k run ____ 10k walk ____ Children's 1 Mile ____

I understand that running a road race is a potentially dangerous activity. I should not enter and run 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 risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of the weather including heat and humidity, traffic and the condition of the roads or trails, and all such risks being known and appreciated by me. 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 release Kale Enterprises, Inc. DBA KaleRunning.com, the City of Norfolk, the City of Norfolk, East Beach Development, 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 foregoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is a road race conducted under the rules of the USTAF, is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature _____ Date _____
Parent's Signature if under 18 yrs. _____

No Refunds, Exchanges, or Transfers. Race held rain or shine