



# Chesapeake Bay 10k

Saturday April 26, 2008

Race start time 8:00 am

Ocean View Beach Park

This race heralds the start of another summer season with a beautiful 10k along the Chesapeake Bay celebrating neighborhood and family. Back this year is the Children's one mile. Parents are encouraged to run along side and cheer for your favorite young runner (12yrs and under please).

#### **RACE COURSE:**

The Chesapeake Bay 10k is an out and back certified 10k road race starting at Ocean View Beach Park on Ocean View Ave. The runners will run west to the spit, where they will turn around and finish back at Ocean View Beach Park. The race will be ChampionChip Timed. Children's mile starts at 9:15 near the race finish line and consists of three loops around the Ocean View Beach Park.

#### **PARKING:**

Parking on race day is available at the Community Beach and surrounding legal street parking.

#### **10K REGISTRATION:**

The fee is \$30.00 for all registrations post marked by April 14, 2008. The fee after April 14, 2008 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 Ocean View Beach Park from 6:30 to 7:30 am.

#### **AWARDS:**

Awards ceremony will start at 10:00am located at the Ocean View Beach Park Pavilion. There will be plenty of food and drink. Door prizes will be raffled off at this time. Children will receive finisher ribbons.

#### **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 a road race is a potentially hazardous activity. I should not enter the run 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 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 or trails, 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 Kale Enterprises, the City of Norfolk, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. This race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. 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.

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

Parent's Signature if under 18 yrs.