



LEE'S FRIENDS 15TH ANNUAL
ON THE WILD SIDE
 THE VIRGINIA ZOO
 NORFOLK • SEPT. 27, 2018

LEE'S FRIENDS Helping People Live With Cancer Since 1979

5K RUN • THURSDAY, SEPTEMBER 27

TIME/PLACE: Start & finish at the main entrance of The Virginia Zoo

5:30pm Race day registration/packet pick-up at The Virginia Zoo

6:30pm Race starts

REGISTRATION: Registration fee includes race entry, t-shirt, finisher medals and post-race party.

REGISTRATION COST:

POSTMARKED BY AUG 14 **\$30** | AUG 15-SEPT 14 **\$35** | SEPT 15 THRU RACE DAY **\$40**

AWARDS: Awards will be presented immediately following the race. There will be plenty of food and drink. Awards will go to top three male and female runners overall as well as top three male and female finishers in the following age brackets: 19&U, 20-29, 30-39, 40-49, 50-59, 60+.

MAKE CHECKS PAYABLE TO: LEE'S FRIENDS and mail with this form to: LEE'S FRIENDS, 7400 Hampton Blvd, Norfolk, VA 23505. Register online at runsignup.com. *No refunds, exchanges or transfers allowed. Race will be held rain or shine!*

RACE DIRECTOR: LEE'S FRIENDS (Carol Olsen, Executive Director) at colsen@leesfriends.org or 757-440-7501. **TIMING:** Tidewater Striders

Registration Information (PRINT CLEARLY)

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ e-mail: _____

Age on race day: _____ Birthdate: _____ Sex: _____ T-shirt Size (circle one): S M L XL
(first 200 guaranteed)

Waiver (must be signed):

I know that running a road race is potentially hazardous. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of any race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, effects of the weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and understood 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 LEE'S FRIENDS, Tidewater Striders, The Virginia Zoo, 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.

SIGNATURE _____ DATE _____

(Parent's signature if under 18)

APPLICATIONS WITHOUT SIGNED WAIVERS CANNOT BE PROCESSED