



LEE'S FRIENDS 14TH ANNUAL
ON THE WILD SIDE
 RUN WILD SIDE
 FIRST LANDING STATE PARK
 VA. BEACH • MAY 20TH • 2017

LEE'S FRIENDS Helping People Live With Cancer Since 1979

5K TRAIL RUN • SATURDAY, MAY 20TH

TIME/PLACE: Start & finish at the Narrows in First Landing State Park, Va. Beach (64th Street entrance)

\$5 Parking Fee (carpooling encouraged)

7:30 am Race day registration/packet pick-up at First Landing State Park

8:30 am Race starts

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

REGISTRATION COST:

POSTMARKED BY MARCH 25 \$30	MARCH 26 - MAY 15 \$35	MAY 16 THRU RACE DAY \$40
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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+.

PRE-RACE PACKET PICK-UP: Friday, May 19 from 4pm - 7pm at LEE'S FRIENDS - Helping People Live with Cancer, 7400 Hampton Blvd, Norfolk, VA 23505. Phone: 757-440-7501.

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 raceit.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. **ELECTRONIC 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

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, First Landing State Park, 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