

NOVA

Running Club



SUMMER TRACK MID-DISTANCE NIGHT

LOCATION: *Thomas Edison High School -
5801 Franconia Road, Alexandria, Virginia, 22310*

DATE/TIME: *Tuesday, June 21, 2016 - 6:30 PM; and
Tuesday, June 28, 2016 - 6:30 PM*

ENTRY FEE: *Kids (14 & Under) - \$2/Event or \$5 for Unlimited Events
Adults/Open - \$10 for Unlimited Events*

EVENTS: *Kids: 200 Meter Dash, 400 Meter Dash, Long Jump
Open: One Mile, Two Mile, 800 Meters, 400 Meter Dash*

Register on-line at www.novarunningclub.com or use the mail-in form below. Race day registration will also be available. Questions or for more information: northernvirginiarunningclub@gmail.com

*Kids may run Open 800 and Open Mile. Order of Events is Kids, then Open Long jump to be run throughout event.

Please make your check payable to **Northern Virginia Running Club** and mail to
PO Box 3111 3682 King Street, Alexandria VA 22302:

By entering this event, you agree, warrant and covenant as follows: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club running activities 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 and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Northern Virginia Running Club and Fairfax/Alexandria County Virginia and its elected and appointed officials, their representatives, successors, and sponsors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant NOVA Running Club and its representatives the right to take photographs of me and my property in connection with the above-identified event. I authorize NOVA Running Club, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that NOVA Running Club may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Name _____

Address _____

City, State, Zip _____

Date of Birth: ____ - ____ - ____ (mm-dd-yyyy) Age on race day: ____ Male/Female

Phone: _____ E-mail: _____

Signature _____ (parent or guardian if under 18)

Enclosed is my \$10 entry fee Enclosed is my \$2 entry fee Enclosed is my \$5 entry fee

Enclosed is an additional tax-deductible donation of \$_____ NOVA Member