

presents:

2023 NOVA RUNNING CLUB 5K

WHERE: Bluemont Park

329 North Manchester Street, Arlington, VA

22203 **DATE:** Tuesday, August 22, 2023, 6:30pm

ENTRY FEE: 5K - \$25

COURSE: Out and back on the W&OD bike trail, slightly uphill outbound, slightly downhill back

AWARDS: Top Three Male and Female Overall and Age Group Awards in the 5K.

69B9: #HG: Northern Virginia Running Club, a community-oriented non-profit running club.

REGISTER ON-LINE at www.novarunningclub.com or use the mail-in form below.

Race day registration will be available starting at 5:30 PM.

QUESTIONS or for more information: e-mail northernvirginiarunningclub@gmail.com

Connect with NOVA



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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 which could cause injury or death. I will not participate in this event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in this event, which may include but not limited to: falls, physical contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators, including the potential the contraction of a communicable disease. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. Having read this waiver and knowing these facts and inconsideration of your accepting my participation I, for myself and anyone entitled to act on my behalf, waive and release the NOVA Running Club, the County of Arlington, the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club activities, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I grant permission to all of the foregoing to use my photographs, videos, recordings or any other record of the club for any legitimate purposes. I understand that the club does not provide for refunds in the event of cancellations of services, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled or if my circumstances change such that I can no longer participate in the event.

Name _____

Address _____

City, State, Zip _____

Date of Birth: ____ - ____ - ____ (mm-dd-yyyy) Age on 8/22/2023: ____ Male/Female

Phone: _____ E-mail: _____

Signature (Parent or Guardian if under 18) _____

Enclosed is my __\$25__ entry fee

NOVA Member

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

How did you hear about this event? _____