



Hampton Bay Days

5K to Phoebus - Family Fun Run

Saturday, September 12 ~ Settler's Landing Road, Hampton ~ 8AM Start

Hampton Bay Days welcomes you to a new Family Fun 5K Run over Settler's Landing Bridge and through the streets of historic Phoebus. The route is paved. The course ends at the Crowne Plaza Hampton Marina Hotel with a waterfront awards ceremony.
For more information visit WWW.HAPPYPACERACES.COM

Start 600 Settlers Landing Road – Hampton
Across from Virginia Air & Space Center
8AM start, chute open until 9:15
Runners and walkers welcome

Age Groups 10 & U, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60+

Fees \$20.00 Early Entry Postmarked by **Saturday, Aug. 29, 2009**
\$25.00 Late Registration and Day of Race
PTC PASSES ACCEPTED

Awards Top 3 overall Male and Female finishers
Top 3 Male and Female in each age group

T-shirts Multi-colored short sleeved T-shirt
Limited to first 250 participants
\$2.00 EXTRA FOR XXL

Race Director Laura Cvitanovich
Happy Pace Races, LLC
757-784-0960
info@happypaceraces.com

Register Online at www.happypaceraces.com
Race Day 6:30 – 7:45 AM




Finish line results and Race support provided by The Peninsula Track Club



Go to www.baydays.com to learn more about the 27th Annual Bay Days Festival



LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ DATE OF BIRTH ____/____/____ MALE _____ FEMALE _____

T SHIRT SIZE S M L XL XXL (\$2.00 EXTRA)

HOME PHONE _____ WORK PHONE _____

EMAIL ADDRESS _____

Checks payable to:
Happy Pace Races
625 Brandywine Drive
Newport News, VA 23602

INCLUDING YOUR EMAIL ADDRESS WILL ENSURE THAT YOU RECEIVE TIMELY RACE UPDATES

(WAIVER) I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the affects of the weather, including high heat and/or humidity, and the condition of the road --all risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee. I hereby for myself, my heir executors, administrators or anyone else who might claim of my behalf, covenant not to sue, and waive release and discharge the City of Hampton, Hampton Bay Days Festival, Happy Pace Races, LLC, Peninsula Track Club, Road Runners Club of America, Race Officials, Volunteers, any and all sponsors--including their agents, employees, assigns, or anyone acting on their behalf, from all and any claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen know, or unknown. The undersigned future grants full permission to Happy Pace Races and/or its agents authorized by them to use my photographs, videotapes, motion pictures, recording or any other record of this event for any purpose. Applications for minors will be accepted only with parent's signature.

SIGNATURE OF ATHLETE _____

DATE _____

SIGNATURE OF PARENT (IF UNDER 18) _____