

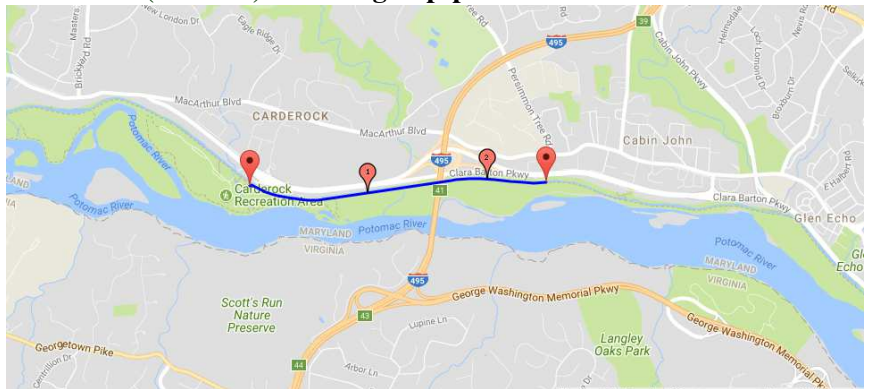


# Potomac Valley Track Club Cranberry Crawl 5K and 10K Saturday, November 18, 2017 5K at 7:50 AM – 10K at 8:00 AM



## Carderock Recreation Area \* C&O Canal Towpath

- **Event:** Cranberry Crawl 5K and race walk (7:50 AM) / 10K Run (8:00 AM), Saturday, November 18
- **Entry Fee:** On-line at [www.pvtc.org](http://www.pvtc.org) or mail by Nov. 4: \$ 5 (PVTC members) \$10 (non-members)  
On-line at [www.pvtc.org](http://www.pvtc.org) or mail by Nov. 11: \$10 (PVTC members) \$15 (non-members)  
On-line at [www.pvtc.org](http://www.pvtc.org) after Nov. 11: \$20 (PVTC members) \$20 (non-members)
- **Join us!** Join Potomac Valley Track Club and save \$5 on our races
- **Race-day:** On-site packet pickup open 6:45 AM-7:45 AM. No race-day registration
- **Parking:** Free at Carderock, 1 mile west of I-495 Capital Beltway off Clara Barton Parkway
- **Course:** Entirely flat -- walker- and wheelchair-friendly -- One or two out'n'backs on gravel trail
- **Race size:** About 100 in each race, Must finish by 9:30 AM. Only one race per person
- **Awards:** Cranberry bread for top 3 in 10-year age groups M/F plus racewalkers
- **Post-race:** Warm refreshments
- **Contact:** Mike Cannon  
910-261-8446  
[m.maurice.cannon@gmail.com](mailto:m.maurice.cannon@gmail.com)



Cranberry Crawl bib number

\_\_\_\_\_

**Send form and check to**  
**PVTC, 611 South Ivy Street, Arlington VA 22204**  
or bring this form with you on race day  
**PVTC ENTRY FORM**



Name \_\_\_\_\_ Age on race day \_\_\_\_ M/F \_\_\_\_

Address \_\_\_\_\_ Birthdate \_\_\_\_\_, \_\_\_\_\_

City, State, ZIP \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Event  5K  10K  I am a race walker  Wheelchair

Enclosed is  \$ 5 (PVTC members)  \$ 8 (non-members) by November 4

Late Entry  \$10 (PVTC members)  \$15 (non-members) by November 11

\$20 (PVTC members)  \$20 (non-members) after November 11

Here is an additional donation of \$ \_\_\_\_\_ to PVTC. Total enclosed: \$ \_\_\_\_\_

I will help as a volunteer. Please call me.

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Washington DC, its elected and appointed officials and employees, National Park Service, Potomac Valley Track Club, RRCA, and USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of National Park Service. I agree to release my name and photo for publicity purposes. I agree that my entry fee is non-refundable. I understand that my name and address may be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_