



Potomac Valley Track Club Christmas Caper 5K and 10K Saturday, December 14, 2019 5K at 7:50 AM – 10K at 8:00 AM East Potomac Park, Washington DC



- **Event:** Christmas Caper 5K and Race Walk (7:50 AM) / 10K Run (8:00 AM), Saturday, December 15
- **Entry Fee:** On-line at www.pvtc.org or mail by Nov. 30: \$ 5 (PVTC members) \$10 (non-members)
On-line at www.pvtc.org or mail by Dec. 7: \$10 (PVTC members) \$15 (non-members)
On-line at www.pvtc.org or mail by Dec. 14: \$20 (PVTC members) \$20 (non-members)
- **Join us!** Join Potomac Valley Track Club and save \$5 on our races – see www.pvtc.org/join
- **Race-day:** On-site packet pickup opens 6:45 AM – 7:45 AM. No race-day registration
- **Parking:** Ample and free at East Potomac Park Golf Course, south of Jefferson memorial
- **Course:** Entirely flat -- walker- and wheelchair-friendly
One or two out'n'back segments on paved roads
- **Race size:** About 100 in each race, 5K and 10K.
Must finish by 9:30 AM. Only one race per person
- **Awards:** Christmas ornaments for top 3
in 10-year age groups (men and women),
plus racewalkers
- **Post-race:** Refreshments to keep you warm
- **Contact:** Mike Cannon
pvtcracedirector@gmail.com, 910-261-8446



USATF Certified Course DC11002RT

Christmas Caper 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) \$10 (non-members) by November 30
Late Entry \$10 (PVTC members) \$15 (non-members) by December 7
 \$20 (PVTC members) \$20 (non-members) by December 14
 Here is an additional donation of \$ _____. 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 District of Columbia, 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 agree 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-fundable. I agree 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 _____