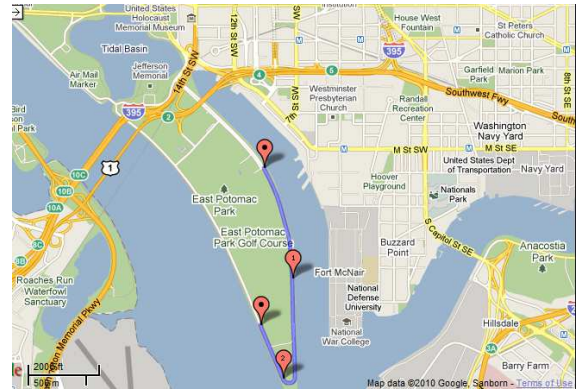




Potomac Valley Track Club Cranberry Crawl 5K and 10K Saturday, November 16, 2019 5K at 7:50 AM – 10K at 8:00 AM East Potomac Park, Washington DC



- **Event:** Cranberry Crawl 5K and race walk (7:50 AM) / 10K Run (8:00 AM), Saturday, November 16
- **Entry Fee:** On-line at www.pvtc.org or mail by Nov. 2: \$ 5 (PVTC members) \$10 (non-members)
On-line at www.pvtc.org or mail by Nov. 9: \$10 (PVTC members) \$15 (non-members)
On-line at www.pvtc.org or mail by Nov. 16: \$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 open 6:45 AM-7:45 AM. No race-day registration
- **Awards:** Cranberry bread for top 3 in 10-year age groups M/F plus racewalkers
- **Course:** Flat – walker- and wheelchair-friendly
One or two out'n'back segments on paved roads
- **Parking:** Ample and free at East Potomac Park Golf Course
972 Ohio Drive SW, Washington DC
- **Race size:** About 100 in each race, 5K and 10K.
Must finish by 9:30 AM. Only one race per person
- **Starts:** 5K run & race walk at 7:50 AM,
10K run at 8:00 AM
10K starts about 200 feet north of the 5K start
- **Post-race:** Refreshments to keep you warm
- **Contact:** Mike Cannon
pvtracedirector@gmail.com – 910-261-8446



USATF Certified Course DC11002RT

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 2

Late Entry \$10 (PVTC members) \$15 (non-members) by November 9

\$20 (PVTC members) \$20 (non-members) by November 16

Here is an additional \$20 for membership

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 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 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 _____