



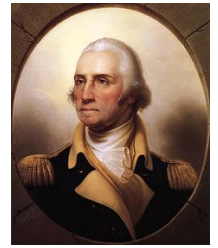
Potomac Valley Track Club

By George 5K and 10K

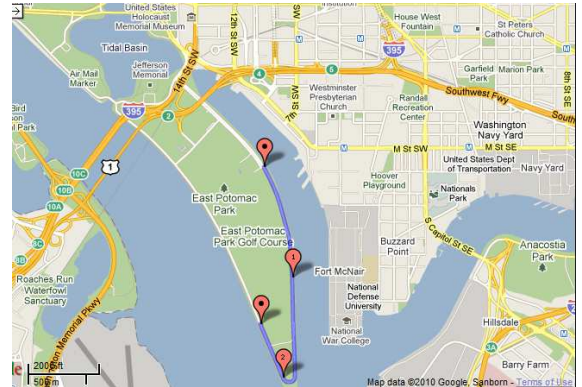
Saturday, February 16, 2019

5K at 7:50 AM – 10K at 8:00 AM

East Potomac Park, Washington DC



- **Event:** By George 5K run & race walk (7:50 AM) / 10K Run (8:00 AM), Saturday, February 16, 2019
- **Entry Fee:** On-line at www.pvtc.org or mail by February 2: \$ 5 (PVTC members) \$10 (non-members)
On-line at www.pvtc.org or mail by Feb. 9: \$10 (PVTC members) \$15 (non-members)
On-line at www.pvtc.org or mail by Feb. 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
- **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, south of Jefferson memorial
- **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
- **Awards:** Cherry pies for top 3 in each race
in 10-year age groups (men and women), plus racewalkers
- **Post-race:** Refreshments to keep you warm
- **Contact:** Mike Cannon
pvtracedirector@gmail.com, 910-261-8446



-----USATF Certified Course DC11002RT

By George 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 run 5K race walk 10K run Wheelchair
 Enclosed is \$ 5 (PVTC members) \$10 (non-members) by February 2
 Late Entry \$10 (PVTC members) \$15 (non-members) by February 9
 \$20 (PVTC members) \$20 (non-members) by February 16
 Here is an additional \$20 for membership
 Here is an additional donation of \$ _____. Total enclosed: \$ _____
 I will help as a volunteer. Please call me. Send me a membership form

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 Arlington County Virginia, 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 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 name and address may be provided to the sponsors of this event. I agree that my entry fee is non-fundable. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____