



# Potomac Valley Track Club

## Family Night at the Track & Night of Miles

**When:** Sunday, July 30, 2023

**Where:** Washington-Liberty High School, 1301 North Stafford St, Arlington, VA, 22201

**Schedule:**

- 4:30 pm: start check-in
- 5 pm: 4 and under 400m (with parents running alongside if desired)
- 5:15 pm: 8 and under 800m
- 5:20 pm: Racewalk mile
- 5:30 pm and rolling schedule after that:
  - 14 and under mile (boys and girls) \*
  - high school mile (15-18 yr olds) \*
  - open mile (19-39 yr olds) \*
  - masters mile (40 and over) \*

\* Heats may be combined depending on the number of entries

**Race entry:** 8 and under just show up. For milers, enter by mail NLT July 25 for \$5 or on-site for \$10. On-line entry link: [2023 Family Night at the Track & Night of Miles - Arlington, VA 2023 | ACTIVE](#)

**Awards:** Ribbons for all 400m and 800m participants. \$5 Starbucks gift certificates for male and female winners of each mile heat.

**Timing:** Mile heats will be timed. Mile heat results will be posted on the PVTC website

**Refreshments (free):** Water and snacks

**Questions:** Contact Paul Ryan at [pvtcmile@gmail.com](mailto:pvtcmile@gmail.com)

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# PVTC ENTRY FORM

Send form and check to

PVTC, 611 South Ivy Street, Arlington VA 22204  
or bring this form with you on race day

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

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

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

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

Enclosed is  \$5. Make check payable to PVTC

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 Northern Virginia Regional Park Authority, Arlington County, Virginia, their elected and appointed officials and employees, Potomac Valley Track Club, 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 Northern Virginia Regional Park Authority. I agree to release my name and photo for publicity purposes. I agree that my entry fee is non-refundable. 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 \_\_\_\_\_