



Potomac Valley Track Club

Go Fourth 8K run & walk

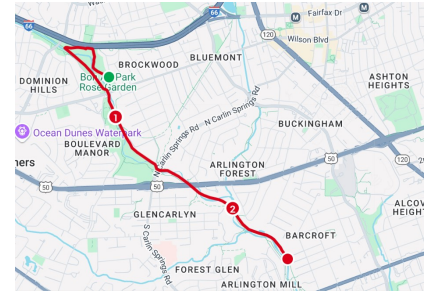
Friday, July 4, 2025 – 7:30 AM

Bluemont Park South Shelter

Bon Air Park, 850 North Lexington Street, Arlington VA



- **Event:** Go Fourth 8K Run and Race Walk, Friday, July 4, at 7:30 AM
- **Entry Fee:** On-line at www.pvtc.org or by mail by June 19: \$ 5 (PVTC members) \$ 8 (non-members)
On-line at www.pvtc.org or by mail by June 30: \$10 (PVTC members) \$15 (non-members)
On-line at www.pvtc.org after June 30: \$20 (PVTC members) \$20 (non-members)
- **Join us!** Join Potomac Valley Track Club (\$20) and save \$5 on our races including this one
See www.pvtc.org/join.php
- **Race-day:** On-site registration opens at 6:30 AM
- **Course:** Mostly flat -- walker- and wheelchair-friendly
All on paved park trails
- **Parking:** **88** spaces at Bon Air Park;
30 spaces on the 500 block of North Manchester;
66 spaces at Bluemont Park, 601 North Manchester Street;
200 spaces at Ashlawn School, 5950 North 8th Road
- **Race size:** About 200. No time limit.
- **Awards:** Patriotic awards for top 3
in 10-year age groups (men and women), plus racewalkers
- **Post-race:** Refreshments to keep you cool
- **Contact:** Michael Cannon (pvtcracedirector@gmail.com, 910-261-8446)



Go Fourth bib number

Send form and check to
PVTC, 611 South Ivy Street, Arlington VA 22204
 or bring this form on race day – or scan QR code



or scan QR code

PVTC ENTRY FORM

Name _____ Age _____ M/F _____

Address _____ Birthdate _____, _____

City, State, ZIP _____ Phone _____

E-mail _____ USATF # (if any) _____

Enclosed is \$ 5 (PVTC members) \$ 8 (non-members) by June 19

Late Entry \$10 (PVTC members) \$15 (non-members) by June 30

\$20 (PVTC members) \$20 (non-members) after June 30

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 District of Columbia, Arlington County Virginia, their 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-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 _____