

Potomac Valley Track Club  
Good and Woods Memorial  
One Hour Postal



Sunday, October 6, 2024  
Race Starts at 9 am

- Entry Fee::** \$10 (PVTC members) \$15 (non-members)  
**Join us!** Join Potomac Valley Track Club and save \$5 on our races  
**Race-day:** Race-day registration, event will be conducted by USATF rules  
**Location:** James Madison High School, 2500 James Madison Dr, Vienna, Virginia 22302  
**Awards:** Awards in Top 3 5-year age groups (men and women)  
**Contact:** Art Klein, boopwalk@yahoo.com 831-234-1739

---

**Bring your form on Race Day**

**PVTC ENTRY FORM**

Name \_\_\_\_\_ Age on race day\_\_ \_\_ M/F \_\_  
Address \_\_\_\_\_ Birthdate \_\_\_\_\_  
City, State, ZIP \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
USATF # \_\_\_\_\_

Event:  \$10 (PVTC members)  \$15 (non-members)  
 Here is an additional donation of \$ \_\_\_\_\_ to PVTC. Total enclosed: \$ \_\_\_\_\_  
 I will help as a volunteer. Please call me.

I know walking or running in a race is a potentially hazardous activity. I should not enter and walk/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 James Madison HS, 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 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 Guardians must sign for children under 18.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_