

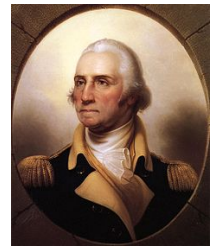


# Potomac Valley Track Club

## By George 5K and 10K

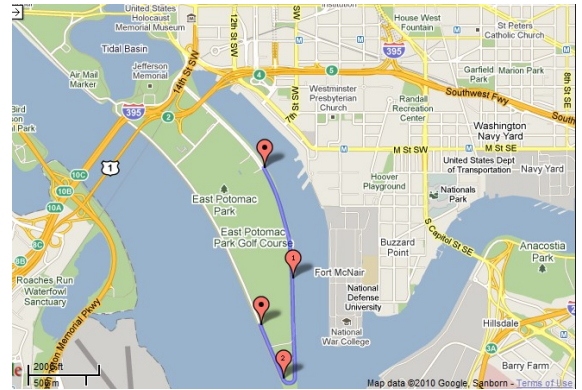
### Saturday, February 13, 2021

#### 5K at 7:50 AM – 10K at 8:00 AM



**East Potomac Park, 972 Ohio Drive SW, Washington DC**

- **Event:** By George 5K run & race walk (7:50 AM) / 10K Run (8:00 AM), Saturday, February 14, 2021
- **Entry Fee:** On-line at [www.pvtc.org](http://www.pvtc.org) or mail by January 31: \$10 (PVTC members) \$15 (non-members)  
On-line at [www.pvtc.org](http://www.pvtc.org) or mail by February 15: \$20 (PVTC members) \$20 (non-members)
- **Join us!** Join Potomac Valley Track Club and save \$5 on our races – see [www.pvtc.org/join](http://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](mailto:pvtracedirector@gmail.com) – 910-261-8446



**USATF Certified Course DC11002RT**

By George bib number

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**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  \$10 (PVTC members)  \$15 (non-members) by January 30  
Late Entry  \$20 (PVTC members)  \$20 (non-members) by February 13  
 Here is an additional \$20 for membership No race-day registration  
 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 \_\_\_\_\_