

1ST ANNUAL

OCEANFRONT JAYCEES
CINCO DE MAYO 5K

May 1, 2010

Race Director

Alex Lawson
 Phone: (631) 902-0049
 Email: Management@ofjc.org

Race Times:

6:30 AM Race Day Registration & Packet Pick-up
 7:30 AM Stretching
 8:00 AM 5K Start

LOCATION

The Oceanfront Jaycees invite all runners and walkers to participate in the 1st Annual Cinco de Mayo 5K Run/Walk to support Camp Virginia Jaycee. The 5K course will begin and end at Neptune Park on 31st Street and Atlantic Avenue.

AWARDS

All 5K participants will receive a finisher's award upon completion of the race. Finisher's will also have a chance to win various prizes provided by our sponsors.

COURSE SUPERVISION

Runners must follow the course markers. Course marshals will be located at critical checkpoints on the course. A water stop will be located at mile 2 and the finish line.

REFRESHMENTS

Bottled water, fruit, and bagels will be provided to all participants before and after the race.

AFTER PARTY

TBD

REGISTRATION

*\$25 Minimum Donation per 5K Entry

*** All proceeds from this event will be donated to Camp Virginia Jaycee. Please feel free to donate more than the minimum.**

PACKET PICKUP Friday April 30, 2010 from 5:30PM to 9:45PM at **G.F. Keagans** in the Hilltop East Shopping Center. All pre-registered 5K entries up through April 25th will receive a gift bag and T-shirt. 5K race day registrations are not guaranteed a gift bag and T-shirt. \$25.00 Minimum Donation for PRE-REGISTERED AND RACE DAY REGISTRATION. Please make all checks and money orders payable to: **Camp Virginia Jaycee**

OFFICIAL ENTRY FORM

Cost is a \$25.00 donation per 5K entry. Registrations can be turned in at **G.F. Keagans**. Mailed entries must be postmarked by Friday, April 23, 2010. Please make all checks and money orders payable to: **Camp Virginia Jaycee** and mail to 576 North Birdneck Road, Virginia Beach, VA 23451.

 FIRST NAME MI LAST NAME

 MAILING ADDRESS CITY/STATE ZIP

 (AREA CODE) PHONE # EMAIL ADDRESS

BIRTHDATE _____ SEX (please circle) MALE FEMALE T-SHIRT, CIRCLE ONE M L XL

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. 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 The Oceanfront Jaycees, the U.S. Government, the City of Virginia Beach, Commonwealth of Virginia, KaleRunning.com, and all sponsors, their representatives and successors from all claims and 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 the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

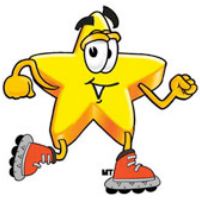
 Signature of Runner Date

 Signature of Parent if Runner under 18 Date

G.F. Keagans
 Hilltop East Shopping Center
 1550 Laskin Road
 Virginia Beach, VA 23451

**For Information on the Oceanfront Jaycees visit www.ofjc.org
 For Information on Camp Virginia Jaycee visit www.campvajc.org**

**Oceanfront Jaycees Cinco de Mayo 5K
 Saturday – May 1, 2010 Rain or Shine, No Refunds or Transfers**



Perfect smile mile

May 1, 2010

Race Director
Alex Lawson
Phone: (631) 902-0049
Email: Management@ofjc.org

Race Times:
6:30 AM Race Day Registration & Packet Pick-up
7:30 AM Stretching
8:00 AM 5K Start
8:30 AM 1 Mile Start

walk, Run, Skip, Jump Rope, Roller Blade, Walk the Dog.... however you choose to do the mile, make sure you are Smiling!

LOCATION

The Perfect Smile Mile course will begin and end at Neptune Park on 31st Street and Atlantic Avenue.



AWARDS

All "Perfect Smile Mile" participants will have a chance to win various prizes provided by our sponsors.

REFRESHMENTS

Bottled water, fruit, and bagels will be provided to all participants before and after the race.

AFTER RACE CELEBRATION

TBD

REGISTRATION

*\$15 Minimum Donation per 1 Mile Entry

***All proceeds from this event will be donated to Camp Virginia Jaycee.**

PACKET PICKUP Friday April 30, 2010 from 5:30PM to 9:45PM at **G.F. Keagans** in the Hilltop East Shopping Center. All pre-registered and race day 1 Mile entries up through April 25th will receive a gift bag. \$15.00 Minimum Donation for PRE-REGISTERED AND RACE DAY REGISTRATION. Please make all checks and money orders payable to: **Camp Virginia Jaycee**

OFFICIAL ENTRY FORM

Cost is a \$15.00 donation per 1 Mile entry. Registrations can be turned in at **G.F. Keagans**. Mailed entries must be postmarked by Friday, April 23, 2010. Please make all checks and money orders payable to: **Camp Virginia Jaycee** and mail to 576 North Birdneck Road, Virginia Beach, VA 23451.

FIRST NAME MI LAST NAME

MAILING ADDRESS CITY/STATE ZIP

(AREA CODE) PHONE # EMAIL ADDRESS

BIRTHDATE _____ SEX (please circle) MALE FEMALE

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. 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 The Oceanfront Jaycees, the U.S. Government, the City of Virginia Beach, Commonwealth of Virginia, KaleRunning.com, and all sponsors, their representatives and successors from all claims and 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 the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner Date

Signature of Parent if Runner under 18 Date

G.F. Keagans
Hilltop East Shopping Center
1550 Laskin Road
Virginia Beach, VA 23451

For Information on the Oceanfront Jaycees visit www.ofjc.org
For Information on Camp Virginia Jaycee visit www.campvaic.org

Oceanfront Jaycees Perfect Smile Mile
Saturday – May 1, 2010 Rain or Shine, No Refunds or Transfers

Do you have a group, school, team or troop that would like to participate? Email management@ofjc.org for group registration discounts and come join the fun!

