



2011 Seadrift Chamber of Commerce Jingle Bell 5K Walk & Run

Saturday, December 3, 2011- Beginning @9:00

All participants will receive a Jingle Bell Walk & Run t-shirt. Additional prizes awarded to the top males and females in each category for the following ages:

15-19yr olds	40-49 yr. olds	70 and older
20-29 yr olds	50- 59 yr. olds	
30-39 yr olds	60-69 yr. olds	

Prizes awarded to the top male and female in each category for the following ages:

Kids 9 and under

Kids 10-14 yrs. old

Wheelchair participant

** Participants under age 18 need a parent or guardian signature.

The race will begin by the Seadrift Bayfront Pavilion. Registration will begin at 8:00 a.m. Entry fee for the 5K race is \$20 for early registration and \$25 the day of the race. Forms are available at the First National Bank and City Hall. For more information call Becky @ 785-2295 or Jason @ 785-5321. Make checks payable to the Seadrift Chamber of Commerce.





Entry Form – Seadrift Chamber of Commerce Jingle Bell 5K Walk & Run

(Check the race you will participate in.)

_____ 5K Run & Walk _____ 5K Wheelchair _____ 5K Kids

Participant's Name (print) _____ female _____ male _____

Participant's Signature _____

Address _____ City _____ Zip _____

Age (day of race) _____ Phone _____ Amount paid _____

Entrant's Name (Under 18) (print) _____ Date _____

Guardian's Name (print) _____

Guardian's Signature _____

Please Circle Payment Method

Check Cash

Liability Release: I know that running 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 relative to my ability to safely complete the run or walk. I assume all the risks associated with running/walking in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic, and the conditions of the roads, all such risks being known and understood 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 the Seadrift Chamber of Commerce, the City of Seadrift, the directors of the race, any volunteers, all sponsors and their representatives, and respective directors, officers, members, and staff. I hereby and fully release and discharge them from any and all claims resulting from injuries, including death, damages or loss, which may accrue to me or my heirs arising out of or in any way connected with my participation in the Seadrift Chamber of Commerce Jingle Bell 5K Walk & Run.

I agree and acknowledge that I am participating in the Seadrift Chamber of Commerce 5K Walk & Run on my own accord. I give this acknowledgement freely and knowingly and I represent and warrant to you that I am physically and mentally fit and that, as a result am able to participate, and I do hereby assume responsibility for my own well being.

I am fully aware that possible physical injury might occur to me as result of my participation, and I agree to assume the full risk, including risk which is not specifically foreseeable of injuries, including death, damages or loss regardless of severity, which I may sustain as a result of participating in any and all activities connected with or associated with this sports event.

I also grant permission to all the foregoing to use any photographs or any other record of this event for any legitimate purpose.