Chesapeake Police Foundation Five-0 5K

Saturday, June 1, 2013 at 8:00 a.m.

The Chesapeake Police Foundation is a non-profit, tax-exempt 501-C (3) foundation whose purpose is to better public safety through the funding of specialized police training, public safety/ community involvement, specialized projects, and equipment not provided for in the Department's operational budget. The Foundation also provides support to the Chesapeake Police Explorer Post #161. The Explorer Post is designed to prepare teenage students for possible careers in law enforcement.

RACE INFO: 5K START: 8:00AM COST: $25
1-MILE FUN RUN START: 9:00AM COST: $10

Each 5K participant will receive a T-shirt. Each 1-Mile Fun Runner will receive a custom medal.

REGISTRATION: Race Day registration - **$30/5k $15/Fun Run** (6:30AM- 7:55AM) Mail all completed & signed Registration Forms (Must be received by 6/27) to: Chesapeake Police Foundation- 304 Albemarle Drive, Chesapeake, VA 23322. **Please make all checks payable to Chesapeake Police Foundation.** Registration is also available on Chronotrack Live. More info at: www.mettleevents.com

PACKET PICK UP: Race day pick up ONLY: at race site 6:30 AM- 7:55 AM

DIRECTIONS: **Oak Grove Lake**, 409 Byron Street, Ches.,VA 23320. Directions: Take Battlefield Blvd South, Turn Right on Volvo Pkwy., Turn Right on Byron St., Park is on the Right.

AGE GROUPS: Awards go to the top (3) Male & Female-Overall, and top (3) Male & Female- in each age group, & Top 3 Teams of 4. Groups: 11 and Under , 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. This event will be timed using the ChronoTrack Bib Tag. The 1-Mile Fun Run will not have individual timing.

First name Last name

Address City State Zip

Age on race day Date of Birth Gender M/F

5K Run/Walk ☐ 1 Mile Fun Run ☐
Check one

Email address Phone number

I understand that a road race is a potentially hazardous activity. I should not enter the 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 race. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic and the condition of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Mettle Event, Inc., Chesapeake Police Foundation Inc., race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose

Signature (or) Parent/Guardian_____ Date_____

Parent or Guardian must sign if participant is under 18