



August 22, 2009, Ft. Story, VA



REGISTRATION/CHECK IN – 7 AM
RACE BEGINS – 8 AM

Fun run starts at 0810 AM

Race Course – The Blasters Cove 8k race is a challenging course for any runner. The race winds through the forest of historic Fort Story over elevation changes and mixed terrain. Soft sand and packed dirt punctuate the demanding track.

Race Director – Anthony Bozarth e-mail – Anthony.bozarth@gmail.com

Registration & Fees:

- \$20.00 per person – postmarked by August 10, 2009
\$25.00 per person – after August 10 and day of registration
\$10.00 per person-1 mile fun run/walk
Online registration available at Active.com or
Mail to: Anthony Bozarth
11 Thomas Athey Court – Hampton, VA 23666, RE: 8K Run

Please make checks payable to: WEODWF or Wounded EOD Warrior Foundation

- Awards –
Top 3 overall finishers, Male and Female (Trophies/raffle tickets)
Top 3 overall finishers in each age group Male and Female (Raffle tickets)
Age Groups – 15 & under, 16-19, 20-24, 25-29, 30-24, 35-39, 40-44, 45-49, 50-54, 55-59, 60 &Up.
\*no awards or timing for one mile fun run/walk

Last Name \_\_\_\_\_ First Name \_\_\_\_\_
Address \_\_\_\_\_ City, State & Zip \_\_\_\_\_
Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Gender \_\_\_\_\_
Age on race day \_\_\_\_\_ Date of Birth \_\_\_\_\_ T-SHIRT Size S M L XL



Proceeds will benefit the Wounded EOD Warrior Foundation, a 501(c) 3 organization that provides financial assistance to our Wounded EOD Warriors and their families when a loved one is injured. Please visit www.woundedeodwarrior.org for more information

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature – Participants under 18 years of age
\_\_\_\_\_ Date \_\_\_\_\_

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

ALL RUNNERS MUST READ AND SIGN THE WAIVER BELOW IN ORDER FOR YOUR ENTRY TO BE PROCESSED

I understand that running is a potentially hazardous activity. I should not enter this race 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 this 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, 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 Tidewater Striders, Ft. Story and associated commands, the City of Virginia Beach, race directors, 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 forgoing to use any photographs, video, or recordings of any kind of this event for any legitimate purpose. This race is not intended for baby joggers, strollers, headphones, skates of any kind, and dogs on leashes and I will abide by these guidelines.

\*\* Registration prior to August 10, 2009 - will receive t-shirt on race day. After August 10, subject to availability\*\*\*\*

## Directions to parking area and race start:

From the main gate on Atlantic Ave. Continue straight to First Landing, turn left on First Landing. Parking will be located in the Car Wash parking lot. Walk approx. 1 quarter mile north on Hospital rd to Al Jubayl and turn left. Blaster's Cove will be the first left.