



Princess Anne Middle School Panther Pride 1M Fun Run



April 30th, 2016, Princess Anne Middle School Track

When? In conjunction with our Annual Lend-A-Hand Event!

April 30th, 2016, 11:00am

Registration: Pre-Register by returning this form to Princess Anne Middle School c/o Hunter Tynes, 2323 Holland Road, Virginia Beach, Virginia 23453.

Packet pick-up: PAMS Guidance on Thursday, April 28th, and Friday, April 29th, from 9:00am – 3:00pm. Additional race day packet pick-up and registration will begin at 9:00am at PAMS. For additional information call 757-648-4963 or email Hunter Tynes at hunter.tynes@vbschools.com.

Entry Fees: \$15.00 early fees apply to entries received by April 8th. \$20.00 late fees apply to entries received after April 8th and on race day. T-shirts are guaranteed for early registration, they are **NOT** guaranteed for late and race day registration. Make checks payable to Princess Anne Middle School, 2323 Holland Road, Virginia Beach, Virginia 23453.

Course: PAMS Track

Race Director: Hunter Tynes may be reached at 757-648-4963

ALL proceeds from this year's event will benefit **Feed the Need**. What is **Feed the Need**? It is a program established to help pay for the lunches of our neediest children within the Virginia Beach City Public School System. PLEASE consider donating to a great cause that will benefit so many of our local school children. We are really excited and extremely proud to be able to do something as a school that has the potential to do so much for the kids in this area!

There will be **NO REFUNDS**. If the race is cancelled due to inclement weather, it will not be rescheduled.



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Return this completed registration form and waiver with cash/check made payable to PAMS.

Last Name, First Name _____
 Street Address (include apt #) _____
 City, State, Zip Code _____
 Age (on race day) _____
 Area Code - Telephone # _____
 Email Address (print case sensitive) _____
 T-Shirt Size: ____YS ____YM ____YL ____S ____M ____L ____XL ____XXL

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

I know running a road race is a potentially hazardous activity. I should not participate 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. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, effects of the weather including temperature extremes or humidity, and all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration of you accepting my entry, I and anyone entitled to act on my behalf, waive and release Princess Anne Middle School, VBCPS, race officials, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for legitimate purpose. This is a track race and I understand that this event is not intended for individuals with baby joggers or strollers, animals on leashes, headphones, skateboards, roller skates, or inline skates, and as such, I will abide by these guidelines.

 Signature Date

 Parent/Guardian if under 18 Date

Make checks payable to:
 Princess Anne Middle School
 2323 Holland Road
 Virginia Beach, VA 23453