

presents:

2019 NOVA Running Club 5K

WHERE: Bluemont Park

329 North Manchester Street, Arlington, VA 22203

DATE: Tuesday, August 20, 2019 – 6:30 PM

ENTRY FEE: 5K - \$25 2-mile walk - \$10 Kid's Fun Run - \$5

COURSE: Out and back on the W&OD bike trail, slightly uphill outbound, slightly downhill back.

AWARDS: Top Three Male and Female Overall and Age Group Awards in the 5K.

BENEFITS: Northern Virginia Running Club, a community-oriented non-profit running club.

REGISTER ON-LINE at www.novarunningclub.com or use the mail-in form below.

Race day registration will be available starting at 5:30 PM.

QUESTIONS or for more information: e-mail northernvirginiarunningclub@gmail.com

Connect with NOVA



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Please make your check payable to **Northern Virginia Running Club** and mail to
PO Box 3111 3682 King Street, Alexandria VA 22302:

By entering this event, you agree, warrant and covenant as follows: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club running activities 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 running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Northern Virginia Running Club and Fairfax/Arlington County Virginia and its elected and appointed officials, their representatives, successors, and sponsors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that in all cases, my race fee is non-refundable and non-transferable. I further understand that the fee is non-refundable if the event is canceled due to the threat of or acts of God, war, terrorism, disaster, weather, earthquake, government regulation and/or for economic/financial reasons.

I grant Northern Virginia Running Club and its representatives the right to take photographs of me and my property in connection with the above-identified event. I authorize Northern Virginia Running Club, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Northern Virginia Running Club may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Name _____

Address _____

City, State, Zip _____

Date of Birth: ____ - ____ - ____ (mm-dd-yyyy) Age on 8/20/2019: ____ Male/Female

Phone: _____ E-mail: _____

Signature (Parent or Guardian if under 18)

Enclosed is my _____ entry fee

NOVA Member

Enclosed is an additional tax-deductible donation of \$ _____

How did you hear about this event? _____