

5K Registration Fees/Person	Individual		Team (5 or more)	
	Online	Mail	Online	Mail
Early	\$30 'til 9/30	\$35 'til 9/30	\$25 'til 9/30	\$30 'til 9/30
Late	\$35 'til 11/3	\$39 'til 10/22	\$30 'til 11/3	\$35 'til 10/22
Race Day	\$39			



**20% discount for all active military. A portion of the race proceeds will be donated to Navy-Marine Corps Relief Society.**

**2011 TOWN CENTER RACE FORM**

Please Print. One entry form Per Person

Check One Event:  5K Run (Timed)  Tot Trot (Free)

Team Name: \_\_\_\_\_ Team Category:  Corporate  Community  Military

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on 11/05/11 \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

E-mail Address (For Race info only) \_\_\_\_\_

Gender:  Male  Female T-Shirt Size (Free to first 1,200 –Size Not Guaranteed):  S  M  L  XL  2XL

Amount Enclosed: \$ \_\_\_\_\_ Check Payable To: Town Center Kiwanis Mail to: P.O. Box 62111, Virginia Beach, VA 23666

Waiver & Release (must be signed to be eligible to participate) I hereby certify that I understand the nature and hazards of the competition I'm entering. I also understand that many factors are beyond the control of race organizers, including, but not limited to road conditions and the actions of other competitors. In consideration of the acceptance of my entry, I intend to be legally bound not only for myself, but for my heirs, executors and administrators. In signing this release from liability, I waive & release everyone connected with this competition from any & all liability which may arise from this competition. I agree to pay all attorney fees and litigation expenses incurred by any person or corporation whom I sue in violation of or in an effort to challenge this release of liability form. I understand that my waiver & agreement to pay attorneys fees and expenses is the sine quo non for the acceptance of my entry in this race. I also give Town Center Kiwanis the right to use, without compensation, any photographs or video of me made during this event.

\_\_\_\_\_

Signature

\_\_\_\_\_

Parent or Guardian's Signature (if under 18)



**A VETERAN'S CELEBRATION  
5K RACE  
SATURDAY, NOVEMBER 5, 2011  
8:00 AM**

**PRESENTED BY TOWN CENTER KIWANIS CLUB  
WWW.TasteofTownCenter5K.COM**

Race Timing by J&A Racing



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The Leukemia & Lymphoma Society  
**TEAM IN TRAINING**

## MUSIC. FOOD. FAMILY FUN!

Don't Miss It! Saturday, November 5th, 2011. Proceeds from the Race will benefit several charities that Town Center Kiwanis supports including CHKD, Special Olympics, Seton Youth Shelters, Make-A-Wish Foundation & Ronald McDonald House. A portion of the proceeds will also be donated to Navy-Marine Corps Relief Society.

### Prizes

Top three male and female overall runners and masters (over 40). In addition, prizes will be awarded to the top 3 male and female finishers by age group. Team prizes will be awarded to the largest and fastest teams. Team time will be based on the 3 best times. In addition, prizes will be awarded to the Most Creatively Attired Teams. No duplication of fastest time awards.

### The Course & Safety Reminders

Runners will have a flat and fast course around Town Center. Please be aware that for safety reasons **absolutely no** headsets, inline skates, scooters, strollers, baby joggers and pets are allowed. Course Time limit is 1 hour.

### Team Registration

Rally 5 or more of your co-workers, neighbors, family and friends to join you at the race and to compete for great prizes. Register by mail until Saturday, Oct. 22nd or save money by registering online until November 3rd.

## Saturday, November 5th



### How to Register — 4 Easy Ways

1. Online until Thursday, Nov 3rd 11:59 pm EST at [www.TasteofTownCenter5K.com](http://www.TasteofTownCenter5K.com)
2. By Mail, until Saturday, October 22nd
3. At Gordon Biersch Restaurant at Town Center on Friday, Nov 4th from 3 to 7 pm
4. Race Day (6:30-7:45 am) - Guadalajara's Town Center on Columbus Street

**Register early & online  
for discounted fees.**

**Free T-shirt to first 1,200 registrants**

### Race Packet Pick-Up

Register for the Race or pick up your race packet on Friday, Nov 4th at Gordon Biersch restaurant at Town Center from 3 to 7 pm. Then, stay for complimentary beer and appetizers. Can't make it? Packet pick-up is available on Race day at Guadalajara's.

### Race Results

J&A Racing ([jandaracinginc.com](http://jandaracinginc.com)) will be timing the 5K Race using the Chrono-Track disposable D-Tag. Results will be posted after the race. Runners who provide their email address will be sent their race results.

### Cancellation Policy

The Town Center Race and Taste of Town Center Party will be held rain or shine. No refunds, transfers, cancellations, or exchanges.

**Celebrate with  
Town Center  
Kiwanis!**



### Schedule of Events

6:30 - 7:45 am	Registration/Packet Pick-up at Guadalajara's
8:00 am	5K Race —Timed using Chrono-Track disposable D-Tag
9:00 am	Tot Trot (children <6 FREE)
Post Race	Taste of Town Center Party & Awards. Beverages and Food provided by Town Center area restaurants & businesses

### Parking

Parking is free at garages located in Town Center on Market Street, Central Park Avenue and Town Center Drive.

### Accommodations

Call the Hilton Garden Inn at Va. Beach Town Center (757.326.6200) for a special weekend rate. Mention the Town Center 5K Races.

### For More Information about this event:

Email us at [info@TasteofTownCenter5k.com](mailto:info@TasteofTownCenter5k.com) or contact Tom Purcell at Town Center Fitness 757.962.3778.

### For more information about Town Center Kiwanis:

Contact Annalisa Previte at [aprevite@tidewaterhomefunding.com](mailto:aprevite@tidewaterhomefunding.com)



**Taste of Town Center 5K Partner**