

**The Riverfront Swim Club**  
**Racin' for Rescues 5K Run & Walk & 1-Mile Fun Run**  
**Saturday, April 14th, 2018 at 9am**



REGISTRATION FORM

NAME: FIRST: \_\_\_\_\_ MI: \_\_\_\_\_ LAST: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ GENDER: \_\_\_\_\_  
 (mm/dd/yy)

**T-SHIRT SIZE (CIRCLE ONE)**

**CAN ONLY GUARANTEE T-SHIRT IF PRE-REGISTRATION RECEIVED BY 4/2/2018**

**ADULT: SMALL MEDIUM LARGE XLARGE XXLARGE NONE REQUIRED**

**CHILD: SMALL MEDIUM NONE REQUIRED**

I AM ENTERING THE (CIRCLE ONE):  
 5K ADULT Run      5K Child Run, age 15 or younger  
                                  1-Mile Fun Run      Walk      Donation Only  
                                  (ages 8 and under)

I know that running a road race is a potentially hazardous activity. I should not enter & run unless I am medically & properly prepared. I agree to abide by the decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including heat & humidity, traffic & the conditions of the road, all such risks being known & appreciated by me. Having read this waiver & knowing the facts and in consideration of your accepting my new entry, I, for myself & anyone entitled to act on my behalf, waive & release EWP DLS Limited Partnership, Harbor View Limited Partnership, Harbor View management Company, Harbour View LLC, Gray Land and Development, officials, volunteers & all sponsors, their representatives & successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing to use my photograph, motion pictures, recordings or any record of this event for any legitimate purpose. I understand this race is not conducted for individuals with headphones, skates, roller blades, scooters, and skateboards, & I will abide by these guidelines.

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

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(if under 18)

Please make non-refundable payment to The Riverfront Swim Club.

All pre-registrations forms MUST be mailed or dropped off to The Riverfront Swim Club prior to April 9th, 2018..

<b>For Office Use Only</b>	
Date Payment Rec'd: _____	
Amount: _____	Cash      Check # _____
Notes: _____	

5301 Sports Club Run Suffolk, VA 23435

(757) 483-3906

[swimclub@charter.net](mailto:swimclub@charter.net)    [www.riverfrontswimclub.com](http://www.riverfrontswimclub.com)

**Racin' for Rescues**  
**Saturday, April 14th, 2018 at 9am**  
**Plus a 1-Mile Kids Fun Run**

**Proceeds to Benefit Suffolk Humane Society**

**GRAB EVERYONE YOU KNOW AND INVITE THEM TO PARTICIPATE IN OUR ANNUAL 5K RUN AND KIDS 1-MILE FUN RUN. EVENTS WILL TAKE PLACE IN THE RIVERFRONT AT HARBOURVIEW IN NORTH SUFFOLK.**

The more people we get to participate the greater impact we can have helping the Suffolk Humane Society. We have room for all levels of athleticism, all ages, all sizes and shapes. It doesn't matter if you come in 1<sup>st</sup>, 50<sup>th</sup> or 500<sup>th</sup>! What really matters is that you make it to the starting line. You may choose to run or walk the 5K. Kids, ages 8 and under, can enter the 1-Mile Fun Run. Each participant will receive a long sleeve Racin' for Rescues T-shirt if pre-registered by April 2, 2018.

**Sponsorships Provided By:**

Decent People Taproom, Eastern Virginia Family & Cosmetic Dentistry, Express Oil Change & Tire Engineers, Harbour Sports Medicine-Wardell Orthopaedic, Nansemond Suffolk Academy, Plastic Surgery Specialists of VA/Skin2OSpa, Towne Bank, The Williams School

**Donations Provided By:**

Blonde Boutiques & Salon, Bier Garden, Chick-Fil-A, Portsmouth YMCA

**REGISTRATION FEES:**

<b>ADULT</b>	<b>\$18 prior to race day</b>	<b>\$20 on race day</b>
<b>CHILD</b> (12 and under)	<b>\$15 prior to race day</b>	<b>\$17 on race day</b>

**SCHEDULE OF EVENTS:**

<b>9:00am</b>	<b>Pre-race warm-up &amp; announcements</b>
<b>9:05am</b>	<b>5K Race, non-sanctioned</b>
<b>9:10am</b>	<b>5K Walk</b>
<b>9:15am</b>	<b>1-Mile Fun Run</b>

**POST RACE CELEBRATION WITH FOOD, FUN, AND AWARDS**



Proceeds from the race will go to the  
Suffolk Humane Society

Our goal in this year's race is to raise over \$7,000.00 to help expand the Suffolk Humane Society's services. SHS is comprised of volunteers contributing their time, energy, creativity, skills, and passion for animals to the mission of the group. Suffolk does not currently have a shelter for homeless or abandoned animals; so efforts are aimed at helping the

animals that end up at the Suffolk Animal Care Center. Efforts are focused on decreasing the euthanasia in Suffolk, spay/neuter programs, adoption events, promoting responsible pet ownership, and recruiting foster families. Suffolk Humane Society does not receive any city, state, or federal funds. All monies received come from individuals and businesses; people like you, who share the desire for animal welfare.

### The Course

Racin' for Rescues 5K Run & Walk and 1-Mile Fun Run is a non-sanctioned event that will wind through the beautiful Riverfront Community beginning and finishing at the Swim Club.

### Awards

5K Adult Run - 1<sup>st</sup> male and female adult runners to cross the finish line will receive an award.

5K Child Run - 1st male and female child, age 15 or younger, to cross the finish line will receive an award.

1-Mile Fun Run - 1st male and female child, ages 8 and under, to cross the finish line will receive an award.

1st Pet to cross the finish line will receive an award. There will be no walker awards.

### Pets

Leashed pets are allowed. Please be considerate and clean up after your pet.

### Strollers, Bikes, Etc.

Strollers will be allowed, but please be considerate of runners. Scooters, bikes, skateboards, rollerblades, etc. will not be allowed. No motorized vehicles.

### Payment

Please make registration fee payable to The Riverfront Swim Club in the form of cash or check. Registration fee is non-refundable. All pre-registration forms MUST be mailed or dropped off to The Riverfront Swim Club prior to April 9th, 2018.

### Donations

If you can't make the race, please make a monetary donation to the Suffolk Humane Society. [www.SuffolkHumaneSociety.com](http://www.SuffolkHumaneSociety.com)

### Volunteers & Sponsorship

If you are interested in volunteering your time or helping sponsor this event, contact Pam Sweet at 483-3906.

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**1-Mile Fun Run**      **Walk**      **Donation Only**  
(ages 8 and under)

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