



# Buckroe Beach Dash or Splash



## 8K Run

## and 1 Mile Fun Run

Proceeds to Benefit the Wounded Warrior Disabled Sports Project  
May 12, 2007 Buckroe Beach Hampton, VA

### 1 Mile Fun Run

7:30 A.M. Start time

Free 1 Mile fun run for Kids.

### 8K Running Race

8:00 A.M. Start time

This course is flat and fast with scenic views of the Chesapeake Bay. This is a Peninsula Track Club Grand Prix Event. The course is measured and official timing is provided by the PTC. Wheelchair/Handcrank and disabled participants are welcome and will start 5 minutes ahead of the 8:00 AM runners.

### Race Souvenirs

Race souvenirs are only guaranteed for preregistered participants. Souvenirs must be picked up race day and will not be mailed after race day. **Refer a friend and receive an extra door prize ticket!**

### Directions to Buckroe Beach

Take exit 268 off I64, take a left onto Mallory Street and travel approximately 2.5 miles to the Pembroke Ave. intersection. Take a right onto Pembroke Ave. Registration will be near the Beach Pavilion directly ahead on Pembroke Ave.

### Registration

Race Day registration opens at 7:00 A.M.

**Preregister at [www.active.com](http://www.active.com)** or mail Entry Form and Fee before **4/30/07** to: Buckroe Beach Dash c/o Laurel Easterson  
353 Mainsail Dr., Hampton, VA 23664

**Registration Fee:** 8K - \$22 postmarked before 4/30/07, \$28 after 4/30; Race is held rain or shine. No refunds, exchanges, or transfers. **Sorry, No PTC Race Passes.**

### Volunteers

Volunteers receive free T- shirt. Please contact Laurel Easterson at 757-851-3372 to volunteer.

### Awards

Run awards will be given to the top 3 male & female and top 3 male and female age groups, masters (age 40+) top 3 male and female, top 3 male and female race walkers, top 3 male and female wheelchair/handcrank & disabled.

online registration powered by  
**active.com**

## 8K Running Race

Name:

\_\_\_\_\_  
Last First MI

Address:

\_\_\_\_\_  
Street (including apt. #)

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone Email

\_\_\_\_\_  
M F Sex Race Day Age M L XL Shirt Size

PTC Member? Y N Race Walker \_\_\_\_\_ Wheelchair \_\_\_\_\_ Handcrank \_\_\_\_\_ Disabled \_\_\_\_\_

Payment Enclosed: Registration \_\_\_\_\_ **Sorry No PTC Race Passes**

Additional Donation \_\_\_\_\_

Total Enclosed \_\_\_\_\_

\_\_\_\_\_  
**Name of Referral-One extra Door Prize Ticket per referral**

I know that participating in a race is potentially hazardous activity. I should not enter and 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 event. I assume all risks associated with this event, including, but not limited to capsizing, contact with other participants, the effects of weather, including high heat or humidity, auto and boat traffic, and the conditions of the bay and road all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Hampton, PTC, ECORA, MAPA and all sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. This race is conducted under the rules of RRCA and USATF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

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

Signature of Parent/Guardian if racer is under 18: \_\_\_\_\_ Date: \_\_\_\_\_

**Make checks payable to Buckroe Beach Dash and mail to 353 Mainsail Dr. Hampton, VA 23664**

8K Run Info: Laurel Easterson 757-851-3372 or visit [www.peninsulatrackclub.com](http://www.peninsulatrackclub.com)

For information about the Canoe/Kayak race contact Freda Rosso at 757-722-5631 or at [frosso@cox.net](mailto:frosso@cox.net)