



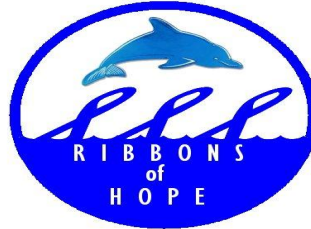
**Ribbons of Hope  
5K Run/Walk  
Sunday, July 15th, 2007  
Mount Trashmore Virginia Beach**



**This Event will benefit the Cancer Care Foundation of Tidewater**



**Auto • Home • Life**



**Registration on race day: 6:30 am-7:45 am**

**Awards: Top 3 overall male/female, Top 3 finishers: Male/female in each age category  
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 and up**

**Race starts at 8:00 am**

**Packet Pickup: Saturday July 14, 2007**

**Entry fee: \$20.00/Race Day \$25.00**

**Final Kick: 2865 Lynnhaven Dr. C-3/Virginia Beach, Va 23451  
Time: 3:00-5:30**

**Race Site: Mount Trashmore  
Address: 310 Edwin Drive, Virginia Beach, VA**

**Registration also available on <http://www.active.com>  
\* T-shirts guaranteed to the first 400 registrants  
Raffles/ Donuts, bagels, fruit, coffee and juice will be available  
Coordinator: Dan Edwards (757) 495-3551**

**Race Director: Jeannine Kinzel (757) 427-0552  
2thegym@cox.net**

**Registration Form**

No refunds, exchanges, or transfers. Illegible or incomplete forms will be returned. Please make checks payable to: CCFOT(Cancer Care Foundation of Tidewater). Mail entry form along with your check to: Jeannine Kinzel 2120 Schubert Drive, Virginia Beach, VA 23454. For additional information, please contact Jeannine at 427-0552 or 2thegym@cox.net.

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Male  Female  Birth Date: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional Donation Amount: \$ \_\_\_\_\_ Total Amount enclosed: \$ \_\_\_\_\_ T-Shirt Size: S M L XL  
Child: M L

I understand that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to do so. 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 the Ribbons of Hope 5k including but not limited to, falls, contact with other participants, the effects of the weather, including high heat/humidity. All such risks are known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act in my behalf, waive and release any and all sponsors including but not limited to City of Virginia Beach, Tidewater Striders, CCFOT, race officials, additional sponsors, and volunteers from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

\*All contributions and fees given to the CCFOT are considered tax-deductible as allowed by law. CCFOT is not providing tax advice; each donor should consult his own tax advisor. The IRS has indicated that the amount of the charitable contribution is limited to the excess of the amount of cash (and or property) contribution by the donor, over the value of any goods or services received by the donor in connection with the contribution.

**PARENT/GUARDIAN SIGNATURE REQUIRED IF UNDER AGE 18**

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_