



ARCHITECTURE
INTERIORS
PLANNING



The 4th Annual VSBA 5K Run/Walk

to promote physical activity in our schools.

Thursday, November 15th

Williamsburg, Virginia

Time: 7:15 a.m.

Registration and Release Form

To register for the 5K Run/Walk, fill out this form and send it with your check or money order (if applicable). DO NOT MAIL AFTER OCTOBER 31, 2007. Please submit a separate form for each entrant (copies accepted). Entries submitted without signature and payment WILL NOT be processed. Children under 12 are free, but must submit a registration form.

Name: _____ Runner Walker

Are you a Conference Attendee or Guest

(If Guest, please print Attendee's Name): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (day): _____ (evening): _____

E-mail address: _____

Age as of 11/17/06 _____ (If you do not list your age, you will not be eligible to win prizes.)

Gender: Male Female

Will you be participating in the Spirit Contest? Yes No (See Spirit Contest Brochure)

Fees: No registration fee for VSBA board members, spouses, superintendents or VASS Staff.

\$25 registration fee for all others. Please make your check payable to:
Virginia School Boards Association, 2320 Hunters Way, Charlottesville, VA 22911
or by fax to (434) 295-8785

Race waiver and Release (Must be signed by each entrant)

I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES OR DAMAGES EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES.

I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation.

Signature of Entrant _____ Date _____

Signature of Parent or Legal Guardian (if under 18) _____

Thanks from VSBA to BCWH and Eperitus for generously sponsoring the 4th Annual VSBA 5K Run/Walk.

SPIRIT CONTEST!

Join us in the Spirit Contest. Come one, come all, groups, individuals, dress up as a themed group, school mascot, favorite character, in school colors, any thing you can think of to show your spirit!

Prizes will be awarded to the “most spirited” group entry and to the “most spirited” individual/duo entry. How to participate:

1. You must be a registered participant in the 4th Annual VSBA 5K Run/Walk. All contest participants must have a race number visible on their person.
2. Check in at the Designated Spirit Spot from 6 – 7 a.m. prior to the race to have photos taken. You must wear your spirit gear while you participate in the 4th Annual VSBA 5K Run/Walk.
3. Prizes will be awarded at the Post-Race Awards Ceremony.
4. This information will be included in the press release to your local media.

Official Rules

All Spirit Contest entrants must be registered participants in the 4th Annual VSBA 5K Run/Walk and must have signed the Race Waiver and Release on the race registration form.

1. The contest is open to all legal residents of the United States. All contest participants must have their race number visible on their person.
2. One winner will be chosen in the Individual/Duo category and one winner will be chosen in the Group entry category. Prizes will be awarded after the winners have been chosen and completed the race.
3. A winner assumes all risks and agrees that VSBA, BCWH, Eperitus and any other prize or race sponsors, and their affiliates, subsidiaries, agencies and employees, have no liability in connection with the acceptance or use of the prize or participation in the Contest. A winner shall be solely responsible for all federal, state and local income and other taxes associated with the prize and for any insurance related to the use of any prize. This Contest is void where prohibited by law. Federal, state and local laws and regulations apply.
4. All contest participants must check in between 6 and 7 a.m. prior to the race. Contest entrants must run/walk the race in their spirit gear to be eligible to win.
5. Winners will be notified at the conclusion of the race on November 15, 2007 at the finish line and prizes will be awarded at the Post-Race Awards Ceremony.
6. By entering the contest, an entrant acknowledges his or her consent to the use of his or her name, picture and/or likeness for purposes of advertising or trade, without further compensation, unless prohibited by law.
7. Entries will be judged by BCWH, Eperitus and VSBA. Decisions of judges are final in all matters pertaining to the Spirit Contest. Judges reserve the right to withdraw the contest or make changes at any time. BCWH, Eperitus and VSBA at their sole discretion shall name any and all judges.
8. By entering the contest, an entrant acknowledges his or her agreement to the above rules and restrictions and permission to use entrant’s name, address and phone number for marketing and promotional purposes.

CHALLENGE YOUR SCHOOLS!

Call to All School Boards and Superintendents!

How can you get your school system involved in the promotion of physical activity? Have your schools participate in a similar physical activity on the same date as your 5K trek, Thursday November 15, 2007. For example, have the students run a mile, complete an obstacle course, or have a race.

Spirit Contest & Challenge Your Schools

REGISTRATION FORM

SPIRIT CONTEST

Type of Spirit Group:

School Board _____ Will the Superintendent be participating? Yes _____ No _____

Individual/Duo _____

Other _____

Let the students show their support for you by getting their heart rates up for the same cause!

We will be sure to notify the local media of your efforts and those schools who rise to the challenge.

Participants Names:

_____	_____
_____	_____
_____	_____
_____	_____

Name of spirit Group: _____

Contact Name: _____ **Contact Phone:** _____

Contact E-mail Address: _____

Contact Street Address: _____

CHALLENGE YOUR SCHOOLS

names of participating schools

activity

contact person

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Press Releases should be sent to which local media?

Please fax this form to (434) 295-8785 by October 20, 2007 or mail to:

Virginia School Boards Association, 2320 Hunters Way, Charlottesville, VA 22911