Please Print Legibly

FIRST NAME (PLEASE PRINT) M.I. LAST NAME

MAILING ADDRESS (include apartment number)

CITY STATE ZIP CODE

EMAIL ADDRESS

PHONE NUMBER DATE OF BIRTH (mm-dd-yy) ☐ Male ☐ Female

Technical Shirt Size *(Unisex)* **14k** (XS-S-M-L-XL-XXL)

Cotton T-shirt *(Unisex)* **1.4 mile** (YS, YM, YL, S-XXL)

☐ 14k ☐ 1.4 Mile

PREDICTED TIME :

☐ **Couples Team**

TEAM NAME

☐ MALE/FEMALE ☐ FEMALE/FEMALE ☐ MALE/MALE

☐ **Relay Category**

TEAM NAME

☐ MALE/FEMALE ☐ FEMALE/FEMALE ☐ MALE/MALE

Registration Fees

1.4 mile
$15 through September 30
$20 October 1st - January 15
$25 January 16 - race weekend

14k & teams (per person)
$45 through September 30
$55 October 1 - January 15
$60 January 16 - race weekend

Relay (per person)
$45 through September 30
$55 October 1 - January 15
$60 January 16 - race weekend

Please turn in two applications in the SAME ENVELOPE.
(Teams and Relay categories only)

Important - Each competitor must complete and sign this form, agreeing to the waiver as described below. Incomplete entry forms will not be accepted. Only one person per application. Photocopies are permitted. The Virginia is for Lovers 14k and 1.4 mile are not responsible for lost, late or misdirected applications. ABSOLUTELY NO REFUNDS.

Waiver (MUST BE SIGNED)

I know that participating in a Virginia is for Lovers Event is a 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 run, however, I also acknowledge that race officials are not responsible to know my medical condition or my ability to participate in and complete this event. I assume all risks associated with participating in Virginia is for Lovers 14k and 1.4 mile activities including, but not limited to falls; contact with other participants, volunteers and spectators; the effects of the weather, including high heat and/or humidity; traffic and the conditions of the road; and holes and obstructions along the route, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act in my behalf, waive release and hold harmless any and all race directors, officials, volunteers and sponsors, including but not limited to, J & A Racing Inc, City of Virginia Beach, State of Virginia, Virginia Beach Field House, Virginia Beach Sportsplex, Virginia Beach Amphitheater (Farm Bureau Live), USATF and their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. 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.

Signature of Athlete

Date

Signature of Parent IF ATHLETE IS UNDER AGE 18: this is to certify that my son/daughter has my permission to compete in the Virginia is for Lovers 14k and 1.4 Mile, is in good physical condition and that race officials have my permission to authorize emergency treatment if necessary.

Schedule of Events

Friday, February 11, 2011

2-8 pm	Packet Pick Up *(Virginia Beach Field House, 2157 Landstown Rd.)*

Saturday, February 12, 2011

7-9 am	Packet Pick Up *(Virginia Beach Field House, 2157 Landstown Rd.)*
9 am	Virginia is For Lovers 14k start
9:15 am	1.4 mile run start
10 am -12:30 pm	Post Race Party
11:30 am	Award Ceremony *(Overall Only)*

Virginia is for Lovers Schwag

• Long sleeve technical shirts (14k/Relay) • Short sleeve cotton t-shirt (1.4 mile) • Virginia is For Lovers medal (14k/Relay/1.4m) • Post race food provided by Moe's Southwest Grill • Yuengling beer • Free parking • A flower to every female 14k finisher • Sweet surprise finisher item

Payment Checklist

Please return application with a check made out to:
J&A Racing
3601 Shore Drive
Virginia Beach, VA 23455
Tel: (757-412-1056)

_____ Entry Fee
_____ Donation to LIVE**STRONG** (official charity)
_____ **TOTAL** amount enclosed

Sponsor BOB FM 93.7 Moe's southwest grill Live the Life VIRGINIA BEACH CONVENTION & VISITORS BUREAU Yuengling studio BAMBOO Institute of Yoga VIRGINIA BEACH FIELD HOUSE Norfolk Wholesale Floral