



Running Kids Splash, Pedal & Dash Registration Form Jul 10th – 8:30am (New Bike Course!)

Race: 5th Annual! Youth running event. Age groups 5 – 8 compete in a 50 yard swim, 2 mile bike, & .75 mile run. Age groups 9 – 15 compete in a 150 yard swim, 4 mile bike, & 1.5 mile run.

Date/Location: Saturday, Jul 10th, 8:30am / (Start - Address: Woodlake Aquatic Fitness Center, 14710 Village SquarePlace, Midlothian, Virginia 23112. Transition Area down at pavilion by the water must be set up by 8am.

Age: Child must be between the ages of 5 -15. Divisions will be based on the age and gender of the child.

Divisions: Boy: 5-6, 7-8, 9-10, 11-12, 13-15; Girls: 5-6, 7-8, 9-10, 11-12, 13-15

Awards/Giveaways: Medals are given for the top 3 finishers in each division. All participants receive event ribbon, t-shirt & cool sponsor giveaways. Some great random prizes can be won by anyone after the awards ceremony. Must be present to receive the prize.

Post Race: A post-race clinic for participants & families in the areas of health & fitness will be presented immediately following the event.

Registration Fee: \$35; fee includes t-shirt, ribbon, giveaways, insurance & clinic (**Do not need a USAT annual membership**) Mail registration & check to: Running Kids, P.O. Box 3593 , Chester , VA 23831

Online Registration: www.raceit.com – keyword: Running Kids

VOLUNTEERS! In order to make each event a success we need dedicated volunteers to assist with set-up, course marshalling, timing, and tear-down. A breakfast snack and thank you package will be provided to all volunteers. Your support will contribute to improving the health and shaping the character of participating children. It is an incredibly rewarding experience! Please contact Noelle Grosso at info@runningkids.net or call (804)706-1038 if interested. Thank you!

For more race information visit www.runningkids.net or contact 804-706-1038.

Full name of Child: _____

Full Mailing Address: _____ **City:** _____ **Zip:** _____

Phone #: _____ **Email:** _____

Gender: Boy / Girl (circle one) **Age on race day:** _____ **T-shirt Size:** Youth S, Youth M, Youth L, Adult S, Adult M, Adult L (circle one)

As a signing parent or legal guardian, I state that my child is in proper physical condition to participate in this (or these) event(s). I know that running, & exercise is a potentially hazardous activity and should not be entered unless medically able. I agree to abide by any decision of a program director relative to the ability to safely complete the program. I assume all risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and humidity, traffic, and the conditions of the trails & track, 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, and anyone entitled to race on my behalf, hereby waive and release Running Kids, the program directors, program location(s), all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of participation in this event.

PARENT/GUARDIAN SIGNATURE FOR CHILD: _____

Mail registration form with check to: Running Kids, P.O. Box 3593, Chester, VA 23831 (**Sorry No Refunds**)

For more race information visit www.runningkids.net or call (804) 706-1038.