



Buckroe Beach

Dash or Splash

8K Run

and 1 Mile Fun Run



Proceeds to Benefit the Wounded Warrior Disabled Sports Project
May 13, 2006 Buckroe Beach Hampton, VA

1 Mile Fun Run

7:30 AM Start time

Free 1 Mile fun run for Kids.

8K Running Race

8:00 AM 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. **PTC race pass participants will not receive race souvenirs.**

Directions to Buckroe Beach

Take exit 268 off I64, take a left onto Mallory Street and travel approximately 2.5-3 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 AM

Preregister at www.active.com or mail Entry Form and Fee before **4/30/06** to: Buckroe Beach Dash or Splash c/o Freda Rosso
 117 Stonehurst Rd. Hampton, VA 23669

Registration Fee: 8K - \$18 postmarked by 4/30/06, \$24 after 4/30; Race is held rain or shine. No refunds, exchanges, or transfers. **No PTC Race Passes will be accepted after 4/30.**

Volunteers

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

Awards

Awards will be given to the top 3 male & female overall and top 3 male and female in each age group, masters (age 40+) top 3 male and female, race walkers top 3 male and female, disability classes top 3 male and female.

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** _____ **Disabled** _____ **Please list disability** _____

Payment Enclosed: Registration _____ **No PTC Race Passes will be accepted after 4/30/06**

Additional Donation _____

Total Enclosed _____

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 contact with other participants, the effects of weather, including high heat or humidity, auto traffic, and the conditions of the 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 or Splash and mail to 117 Stonehurst Rd. Hampton, VA 23669

8K Run Info: Laurel Easterson 757-851-3372 or visit www.peninsulatrackclub.com

For information about the Canoe/Kayak race at 9:15 AM contact Freda Rosso at 757-722-5631 or at frosso@cox.net



Buckroe Beach

Dash or Splash

Outrigger/Surfski/Kayak Race

Proceeds to Benefit the Wounded Warrior Disabled Sports Project

May 13, 2006 Buckroe Beach Hampton, VA

Canoe/Kayak Race

9:15 AM Start time

This race is an ECORA OC-1 Points Series Race. Participants should be capable of handling open water conditions and surf. Participants must have a Coast Guard approved PFD. Canoe/Kayak Race awards will be presented for the top three finishers in each class with three or more participants. Special recognition will be given to participants competing in both the canoe/kayak race and the 8:00 AM 8K run.

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.

Registration

Race Day registration opens at 7:00 AM

8K run starts at 8:00 AM

Preregister at www.active.com or mail Entry Form and Fee before **4/30/06** to: Buckroe Beach Dash or Splash c/o Freda Rosso
117 Stonehurst Rd. Hampton, VA 23669

Registration Fee:

Canoe/Kayak race - \$18 postmarked by 4/30/06,
\$24 after 4/30/06;

Canoe/Kayak Race & 8K run - \$24 postmarked by 4/30/06,
\$30 after 4/30/06

Canoe/Kayak Race only: Additional \$10 fee for non-ACA members.
Race is held rain or shine. No refunds, exchanges, or transfers.

Volunteers

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

online registration powered by
active.com

Directions to Buckroe Beach

Take exit 268 off I64, take a left onto Mallory Street and travel approximately 2.5-3 miles to the Pembroke Ave. intersection. Take a right onto Pembroke Ave. Registration will be near the Beach Pavilion directly ahead on Pembroke Ave.

☐ **Canoe/Kayak Race Only**

☐ **8K Run & Canoe/Kayak Race**

Name:

Last First MI

Address:

Street (including apt. #)

City State Zip

Phone Email M F Sex Race Day Age MAPA Member? Y N

OC-1 OC-2 Surf Ski-1 Surf Ski-2 Sea Kayak OC-1 ECORA Novice

Partner for OC-2, Surf Ski-2: _____ Disabled _____ Please list disability _____

Payment Enclosed: Registration _____
ACA Insurance \$10 _____ Canoe/Kayak Race only Non-ACA members
Additional Donation _____
Total Enclosed _____

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 or Splash and mail to 117 Stonehurst Rd. Hampton, VA 23669

Canoe/kayak Race Info: Freda Rosso 757-722-5631 or frosso@cox.net or visit www.mapa1.org