

2011 Schoolhouse Creek Run!



5K Run/Walk

Join us in supporting the “Historic Onancock School; Community & Cultural Center” on the Eastern Shore.

Saturday - October 8, 2011

The course starts and finishes at Historic Onancock School on College St. and takes you along the beautiful historic Onancock Creek. Water stops and post-race food and beverages.

- ◇ Free tee shirts to first 25 registrants ages 13 and older.
- ◇ Awards for first place runners in each age group.
- ◇ Kids under 12 participate for free; must be accompanied by an adult.

◇ *Return completed form to:* Friends of Onancock School
PO Box 467
6 College Ave.
Onancock, VA 23417

Walk starts at 8:00 a.m.
Run Starts at 8:20 a.m.
Race-day Registration starts at 7:00 a.m.

Name _____
Address _____
City/St/Zip _____
Phone _____
Email _____

Registration Fee

\$25 **BEFORE** October 5, 2011
\$30 after October 5, 2011

Participating in: Run Fun Walk Gender: Male Female
Age on race day: <=21 22-35 36-50 51-60 61+

T-shirt size: S M L XL

Fees payable to: Friends of Onancock School
For more information 757-302-1331
info@onancockschool.org

Mail to: Friends of Onancock School
PO Box 467
Onancock, VA 23417

Waiver (must be signed): I know that participating in a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running or walking in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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 Friends of Onancock School and its volunteers, the Town of Onancock, Accomack County, the race director, volunteers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I will permit the use of my name and pictures in broadcasts, newspapers, brochures or other publications, etc. I understand that the entry fee is nonrefundable. Participants under 18, have a parent or guardian sign below.

Signature of participant Date (or parent/guardian if under 18 years old)

Date