



The Great Pumpkin Chase 5K is On!

Saturday, October 31st ~ Matteson Trail, Hampton, VA
9AM Race Start

Ghouls, goblins and witches beware! The chase is on and it's time for a scare! A 5K race with surprises and treats, fun times for all ages as this course you complete! Costume contest, sweet mile incentives for the kids and awesome long-sleeved tshirts for the first 250 runners! Don't miss out on the Halloween Fun!

For more information visit WWW.HAPPYPACERACES.COM

Register for the Costume Contest! Judging at 8:45

Start	320 Butler Farm Road – Hampton Near the Hampton's Golf Course Runners and walkers welcome. This is a rain or shine event.	Fees	\$20.00 Early Entry Postmarked by Saturday, Oct.17 , 2009 \$25.00 Late Registration and Day of Race PTC Race Passes Accepted During Early Registration
Age Groups	10 & U, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+	T-shirts	Long-Sleeved Halloween Shirts \$2.00 EXTRA FOR XXL
Awards	Top 3 overall Male and Female finishers Top 3 Male and Female in each age group	Race Director	info@happypaceraces.com Laura Cvitanovich Happy Pace Races, LLC 757-784-0960
Register	Online at www.happypaceraces.com Race Day 7 – 8:45 AM		



LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ DATE OF BIRTH ____/____/____ MALE _____ FEMALE _____

T SHIRT SIZE (circle) Youth M L Adult S M L XL

HOME PHONE _____ WORK PHONE _____

EMAIL ADDRESS _____

INCLUDING YOUR EMAIL ADDRESS WILL ENSURE THAT YOU RECEIVE TIMELY RACE UPDATES

Checks payable to: Happy Pace Races 625 Brandywine Drive Newport News, VA 23602
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I want to join the Costume Contest _____

(WAIVER) I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the affects of the weather, including high heat and/or humidity, and the condition of the road --all risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee. I hereby for myself, my heir executors, administrators or anyone else who might claim of my behalf, covenant not to sue, and waive release and discharge the City of Hampton, The Blue Dolphins Booster Club,LLC, Happy Pace Races, LLC, Peninsula Track Club, Road Runners Club of America, Race Officials, Volunteers, any and all sponsors--including their agents, employees, assigns, or anyone acting on their behalf, from all and any claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen know, or unknown. The undersigned future grants full permission to Happy Pace Races and/or its agents authorized by them to use my photographs, videotapes, motion pictures, recording or any other record of this event for any purpose. Applications for minors will be accepted only with parent's signature.

SIGNATURE OF ATHLETE _____ DATE _____ SIGNATURE OF PARENT (IF UNDER 18) _____