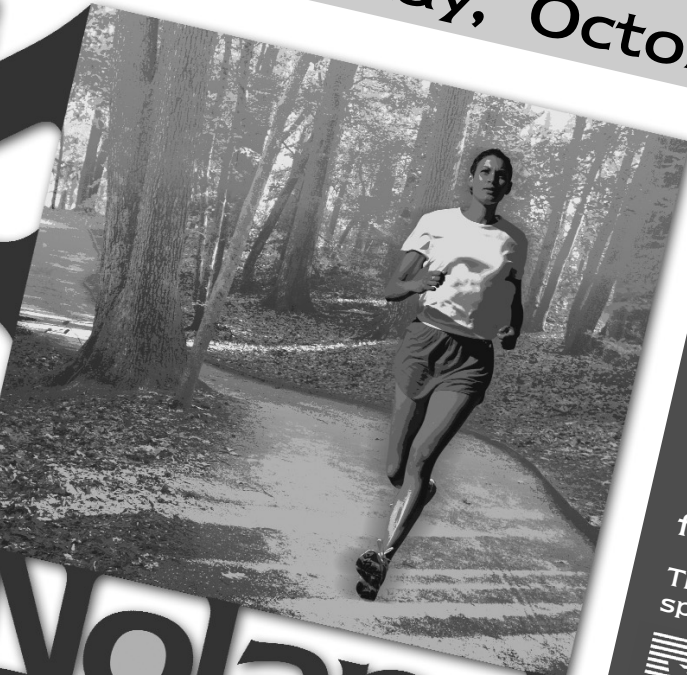


Saturday, October 17, 2009

9th Annual



10K on the Noland Trail

Proceeds benefit The Mariners' Museum Park, the largest privately owned & maintained park open to the public for free in the country.

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Food, beverages, door prizes, and awards following the 10K!

Thank you to the following sponsors:



RIVERSIDE

riversideonline.com



Associates in Dermatology, Inc.

OSC | ORTHOPAEDIC & SPINE CENTER

8:30 A.M. • 1-Mile Family Fun Run

Open to all ages, strollers, and walkers, this event is only for those wanting to have a good time while getting a little exercise. Awards will be given to the first three to cross the finish line. All participants are asked to register and a recommended \$5 donation to the Park is requested in lieu of a registration fee.

9 A.M. • 10K on The Noland Trail

The eighth annual 10K on the Noland Trail will follow the same course along Museum Drive and the Noland Trail. This race is open to all ages and limited to the first 300 registrants.

For more information or if you are interested in volunteering on the day of the race, please call (757) 591-7739 or e-mail events@MarinersMuseum.org.

Finish line results and race support provided by the Peninsula Track Club.

Become a Friend of the Park

The Mariners' Museum Park is the largest privately owned and maintained park open for free to the public in the country. With significant financial support from the Noland Family, the Noland Trail provides walkers and runners alike with a 5-mile path through this urban oasis. Join our partners, the Noland Family, in supporting this natural gift to the community by becoming a Friend of the Park.

Friend of the Park Membership • \$25
Benefits include a membership card, car decal, quarterly Ahoy! member newsletter, and discounts in The Museum Shop and on paddleboat rentals.



100 Museum Drive
Newport News, VA
www.MarinersMuseum.org

10K AGE GROUPS

Awards for the 10K race will be given based on the top three times in each of the following age groups:

■ **Male & Female:** 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over,
Top 3 Masters (over 40), Top 3 Overall

FEE

All runners for the Family Fun Run and 10K must complete the registration form and mail with entry fee to:
100 Museum Drive, c/o Special Events, Newport News, Va., 23606

Checks can be made payable to The Mariners' Museum. Race-day registration begins at 7:30 A.M. and closes promptly at 8:15 A.M. 10K fee includes race admission for one person and a long-sleeve T-shirt.

■ 10K PRE-REGISTRATION • \$25* (FOR ALL FORMS RECEIVED BEFORE OCTOBER 17, 2009)

■ 10K SAME-DAY REGISTRATION • \$30*

■ SAVE \$5 ON REGISTRATION WHEN YOU SIGN UP TO BECOME A FRIEND OF THE PARK

■ 1-MILE FAMILY FUN RUN SUGGESTED DONATION • \$5

*No PTC race passes accepted.

REGISTRATION FORM PLEASE PRINT

PLEASE CHECK WHICH RACE YOU WILL RUN: 1-MILE FAMILY FUN RUN 10K BOTH

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Home Phone: _____

MALE FEMALE Age on Race Day: _____ T-Shirt Size: Small Medium Large X-Large XX-Large

I would like to become a Friend of the Park \$25 X _____ Friend of the Park memberships \$ _____

Total Friend of the Park Memberships \$ _____

Family Fun Run Donations \$ _____

10K Registration Fee \$ _____

TOTAL ENCLOSED \$ _____

How did you hear about the Race?

Peninsula Track Club WHRV Signage on Noland Trail Daily Press ad

Flyer, picked up at: (CIRCLE ONE): The Mariners' Museum The Runner's Source

Other _____

I know that participating in a race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of the race official relative to my ability to complete the event safely. I assume all risks associated with the event, including, but not limited to: falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and other 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 for anyone entitled to act in my behalf, waive and release The Mariners' Museum, Peninsula Track Club, its representatives, successors and sponsors from all claims or liabilities of any kind arising out of my participating 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. The 10K event is not intended for individuals with baby joggers, headphones, skates, rollerblades, skateboards, or animals on leashes.

Signature: _____ Date: _____

Parent/Guardian Signature (for ages 17 and younger) _____