

MUD IN YOUR EYE CROSS COUNTRY

3 Race Series by KaleRunning.com

Race 1	January 10, 2009	Mt. Trashmore Virginia Beach	8:00am	5k
Race 2	January 31, 2009	Bells Mill Park Chesapeake	8:00am	6k
Race 3	February 28, 2009	Virginia Wesleyan College Norfolk	8:00am	8k

There is a guaranteed custom **embroidered logo wind-shirts** to the runners who are pre-registered for all three events.

Registration: Each race is \$20.00 through race day, **or pre-register for all three races for \$50 by January 8 2009.** Please make checks payable to Kale Enterprises, mail entries to 1211 Buckingham Ave, Norfolk, VA 23508. Race day registration will open at 6:30 am and end promptly at 7:30, so arrive early. No processing fee online registration available at www.active.com

Age Groups: Series Awards given to top three Male & Female overall and in each age group will receive an award. (13 and under, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-69, 60 and over.) Awards will also be given for Middle of the Pack, Oldest/ Youngest, Back of the Pack, 1st, 2nd and 3rd place Co-ed Team Awards and top Male, Female and Co-ed Parent/Child teams.

Co-Ed Team Competition: Teams of 5 to 7 accepted. **Team members must enter all three events prior to the first race.** Teams will be scored based on the top five placing at each series event. The team with the lowest cumulative placing for the series will win. Co-ed teams must have at least two scoring women at each race.

New!! Parent/Child team competition: Parent/child team competition. Parent/child teams must pre-register for the series prior to first race. Awards will be given to the top male, female and co-ed parent/child teams with the lowest cumulative placing for the series. This should be big fun, so rally up moms, dads, sons and daughters!!

Race Directors: Race directed and managed by KaleRunning.com. Please contact your race directors Ann Hupp at (757) 373-4147 or RP Kale at (757) 404-4657. Visit us on the web at www.mudinyoureye.kalerunning.com

Name (First, MI, Last).....

AddressCity, State..... Zip.....

Sex.....Phone Number..... Email.....

Age.....Birth date..... Personal Chip ID..... size (circle one) S M L XL

Co-Ed Team Name..... (Please send entries together)

Parent/Child Team Name Parent's Name Child's Name

RACE	CHECK RACE ENTERED	AMOUNT
Race 1: Mt. Trashmore (1/10/09)		
Race 2: Bell's Mill (1/31/09)		
Race 3: Virginia Wesleyan (2/28/09)		
(\$20 single race or \$50 all three)	Total	

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I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Kale Enterprises, the City of Norfolk, the City of Virginia Beach, the City of Chesapeake, Department of Parks and Recreation for the Cities of Virginia Beach and Chesapeake, Virginian Wesleyan College, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. This race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. 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.

Signature.....Date.....

Parent's Signature if under 18 years

NO REFUNDS, EXCHANGES, OR TRANSFERS. RACE HELD RAIN, SNOW OR SHINE