



# TCRR/Longstreet's White Bank Classic 5-Miler *(walkers welcome)*

Sponsored by  
Longstreet's Deli  
Olde Town  
Petersburg

March 30, 2019

White Bank Park, Colonial Heights, VA

- PLACE/TIME:** Race starts at 9:00 A.M at White Bank Park. Race Day Registration and packet pick-up starts at 7:30 A.M. (Pre-registered entrants are responsible for packet pick-up on race day). Race Day Registration ends 15 minutes prior to the start of the race. Fun activities for kids after the race.
- AWARDS:** Awards will be given to the top 3 male & top 3 female overall finishers, first place male & female Masters and top 3 finishers in each age group: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64; 65-69, 70 +
- TEAM AWARDS:** Awards will be given for the top three Military/Police/Fire/EMS Team & Open Team (See Team Rules on reverse side)
- COURSE:** Mostly flat loop course starts and ends at White Bank Park. Water stops at 1-1/4 miles and 2-3/4 miles.
- DIRECTIONS:** From I-95, take Exit 54 (Temple Ave.), turn right on Temple, go to stoplight and turn left on Conduit Road, go 2.4 miles and turn left onto White Bank Road, follow signs to the park.  
From I-295, take Exit 9B (Oaklawn Blvd – 36 West), after 0.6 miles, bear right on Temple Ave (Rte 144), follow Temple past Southpark Mall to Conduit Road, turn right onto Conduit and go 2.4 miles, turn left onto White Bank Road, and follow signs to the park.
- REGISTRATION:** \$20.00 (\$17.00 for TCRR members, Military, Fire, Police & EMS) by Monday, March 25, 2019. Special couples registration \$30.00. Couples must register by 3/25/2019. **T-shirts guaranteed to runners who register by March 7, 2019.** After 3/7/2019 and race day all registrants- \$25.00 – Limited T-shirt availability. Race Day Registration ends 15 minutes prior to the start of the race. Make checks payable to Tri-Cities Road Runners and mail to David Dickson, 3835 Doe Run Ct, Hopewell, VA 23860 or sign up on-line at [runsignup.com/Race/VA/ColonialHeights/TCRRLongstreetsWhiteBankClassic5Miler](http://runsignup.com/Race/VA/ColonialHeights/TCRRLongstreetsWhiteBankClassic5Miler).
- CONTACT:** David Dickson at (360) 584-4133 or visit our website at [www.tricitiesroadrunners.org](http://www.tricitiesroadrunners.org)

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 agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants; the effects of the weather, including high heat and humidity; traffic and the conditions of the road; all such risks being known and appreciated by me. Having read the waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the Tri-Cities Road Runners, the City of Colonial Heights, and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. As a condition to me being allowed to participate in this race and in recognition of the safety concerns involved, **I agree not to use headphones, participate with a dog, even one on a leash, or a baby stroller, and I agree that if I violate any of these commitments, I, and I alone, will be financially responsible for any and all injuries or damages caused by my actions.** Furthermore, if I violate any of these commitments, I will indemnify and hold the race sponsors, organizers, and volunteers harmless from all liabilities arising from my actions. In addition, I grant permission to TCRR to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(NOTE: Parent/Guardian must sign instead if runner is under 18 years of age)

LAST NAME	FIRST NAME	MI	SEX
<input type="text"/>	<input type="text"/>	<input type="text"/>	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>

AREA CODE	PHONE NO	T-SHIRT SIZE (Circle One)	RACE DAY	TCRR MEMBER
<input type="text"/>	<input type="text"/>	S M L XL 2XL	<input type="text"/>	<input type="checkbox"/>

MAILING ADDRESS – STREET INCLUDE APT NO  MILITARY/POLICE/FIRE/

CITY  STATE  ZIP CODE

E-MAIL

If you are registering for the team event or as a couple check here and complete the information the back.

## TCRR/Longstreet's White Bank Classic Couples and Team Registration

Couple's Registration – If you are registering as a couple (e.g. husband/wife, parent/child, etc.) enter the second individual's information below. Both parties must sign the waiver.

LAST NAME	FIRST NAME	MI	MALE	FEMALE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
AREA CODE	PHONE NO	T-SHIRT SIZE (Circle One)	AGE ON	RACE DAY
<input type="text"/>	<input type="text"/>	S M L XL 2XL	<input type="text"/>	<input type="text"/>
			TCRR MEMBER	YES NO
			<input type="checkbox"/>	<input type="checkbox"/>

MAILING ADDRESS – STREET INCLUDE APT NO

<input type="text"/>	MILITARY/POLICE/FIRE/EMS (circle appropriate one)
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CITY	STATE	ZIP CODE
<input type="text"/>	<input type="text"/>	<input type="text"/>

E-MAIL

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SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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Team Registration – All teams will have no less than three members and no more than five members. All teams must have at least one member of each gender (COED). For example, a 3 person team can have 1 male member and 2 female members or 2 male members and 1 female member, but cannot consist of all male or all female members. The 3 fastest times will count; however, at least one male and one female time must be counted. For example, if a team is comprised of 3 male and 1 female and the 3 fastest times are all male then the third male's time will not count and the female's time will count. All team members will complete the front of the application and pay the appropriate fee. In addition, they will complete the information below. Team members are eligible for individual awards as well as team awards.

Team Name: \_\_\_\_\_ Team Category: \_\_\_\_\_

Team Members: \_\_\_\_\_ (Male/Female) circle one  
 \_\_\_\_\_ (Male/Female) circle one  
 \_\_\_\_\_ (Male/Female) circle one  
 \_\_\_\_\_ (Male/Female) circle one  
 \_\_\_\_\_ (Male/Female) circle one

If a team member has not completed an individual race application by race day he/she will not be allowed to run on the team. In the event that a non-registrant causes the team size to be less than three members that team will be disqualified.