

**TIME:**

1 Mile Run 5:45 p.m. - Boys  
1 Mile Run 6:05 p.m. - Girls  
1 Mile Walk 6:07 p.m.  
5K 6:30 p.m.

**DAY OF RACE:**

1 Mile Run: 3:30 - 5:15 p.m.  
5K Run: 3:30 - 6:00 p.m.

**REGISTRATION:**

Mail In Flyer or Register Online at: [www.active.com](http://www.active.com)  
Jessica Chesson (Race Director): 692-6867  
jessicachesson@yahoo.com



**FEES:**

\$18.00 for 5K or  
1 Mile Run or Walk  
(Includes Shirt, Food & Drink)

**ENTRY FEE DAY OF RACE: \$25.00**

**T-SHIRT ONLY: \$15.00**

**Race Timing:**

Kale Running: 404-4657

**Friday, September 26, 2008 • Place: "Brick Field", Hampton Blvd. and Bolling Ave. at ODU in Norfolk  
No Rain Date • No Refunds • Picnic Following • Music & Awards Presentation Immediately Following**

All registered participants please report at least 30 minutes prior to race if you have not picked up your race number. Late registrants, please report as early as possible. \*Mothers/Fathers running with opposite sex children may do so but may not cross the finish line.

**Registration**

Pre-Registration will be held in front of Larchmont Elementary School 8:15 a.m. - 8:45 a.m. on the Monday-Friday during week before race. All pre-registered 1 Mile Run or 5K Run participants receive a t-shirt and a "Race Number". Race Numbers may be picked up at the "Brick Field" the day of the race. Day of race registration CLOSSES at "Brick Field" at 5:15 p.m. for 1 Mile Run and 6:00 p.m. for 5K Run.

Race Number must be worn/pinned on front of shirt.

If running in both 1 Mile Run and 5K Run you must pay 2 separate entry fees and have 2 separate Race Numbers.

**Awards/Age Groups**

Awards will be given to top 5 overall "Open" finishers (men and women) in 5K Run. Awards will also be given to top 5 finishers (boys and girls) in each age group in 1 Mile Run and to the top 3 finishers in each age group in the 5K Run. "Open" winners not eligible for age group awards.

**Age Groups**

1 Mile Run (boys and girls): 6 & Under, 7-9, 10-12, 13-15. **\*\*NO OFFICIAL ADULT 1 MILE RUN PARTICIPANTS\*\*** If over the age of 15 and run in the 1 Mile Run, alone or with your child, please do not cross finish line.

5K Run (men and women): 12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60-69, 70 & Over.

**Benefit**

Proceeds for Larchmont PTA will continue to provide much needed support for cultural and educational programs and activities at Larchmont Elementary School.

**Race Information**

For further race information or additional registration forms please call Jessica Chesson at 692-6867 or Kale Running at 421-2602 or 373-4179.

**Race Location/Parking**

Runners please report to "Brick Field" on northwest corner of Bolling Ave. and Hampton Blvd. (one block north of Old Dominion University) in Norfolk. Parking available in Larchmont School parking lot located across Hampton Blvd. on Bolling Ave., or city lot located next to WHRO-TV directly across Hampton Blvd. from Foreman Field. To reach race area from I-64 take Terminal Blvd. exit;

follow to Hampton Blvd.; left on Hampton; go approximately two miles to Bolling Ave. Turn left for parking. From I-264, take Waterside Drive to Boush St., left on Brambleton Ave. to Hampton Blvd. Approximately 2 miles to Old Dominion University; one block further to Bolling Ave.; turn right for parking.

**Course**

Races will start near Bolling Ave. and Upper Brandon Place and proceed through Larchmont neighborhood. Course is asphalt, flat, with course markers, time callers at mile points. Medical assistance, police escorts, monitors, water stops on course and refreshments available at finish line.

**R.A.T. Race Picnic**

A picnic will follow the 26th Anniversary Larchmont R.A.T. Races, at the Brick Field at Bolling Ave. and Hampton Blvd. With official race number, each participant will be entitled to one drink and one slice of pizza. Also additional food and drink will be sold. Bring your families to cheer you on and plan on staying for dinner.

**Runner Responsibilities**

1. Please pre-register. T-SHIRTS NOT GUARANTEED TO LATE REGISTRANTS.
2. Do not remove perforated bottom portion of race number.
3. Please ensure that entry form is filled out completely; particularly name, age, sex, t-shirt size, birthday and email.
4. Entry forms must be signed! Parents must sign for children under 18.
5. Please wear 4 pins on your runner number. Do not pin bottom perforated portion. Please wear the number assigned to you.
6. Please do not cross in front of finish line area after you have completed the race. Assume there are still runners out there and you may get in their way.
7. When you have finished the race, please proceed all the way through the chute area. Do not duck under the ropes. Your finishing order is determined by those volunteers working at the end of the chutes. You don't want to be left out of the results!
8. We recommend all runners over 35 consult their physicians prior to running any race. It is imperative that you consult your physician before running in a race if you have known cardiovascular disease.

**Music**

Music will be provided for this year's R.A.T. Race Picnic. Make plans to stay and enjoy the festivities!

**NO DOGS, PLEASE!  
NO BICYCLES OR BALL PLAYING OF ANY KIND ON THE FIELD.**

**NO REFUNDS, EXCHANGES OR TRANSFERS Make Checks Payable to Larchmont PTA**

**MAIL ENTRY FEE TO: LARCHMONT R.A.T. RACE, c/o 5324 Powhatan Ave., Norfolk, VA 23508**



**NAME (First, MI, Last)** \_\_\_\_\_

**Age on Race Day** \_\_\_\_\_ **Sex:** M F **Birthdate** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**T-Shirt Size: (please circle)** YS YM YL S M L XL XXL

**E-mail Address:** \_\_\_\_\_

**Student's Room #  
or Teacher**  
\_\_\_\_\_

- 5K
- 1 Mile Walk
- 1 Mile Run

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 any 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 or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. This is a road race conducted under the rules of USATF and I understand the race is not intended for baby joggers, baby strollers, dogs on leashes, skateboards or skates. 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 Kale Running, the City of Norfolk, State of Virginia, Larchmont PTA, USATF, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of USATF, it is not intended for individuals with headphones, baby joggers, baby strollers, dogs on leashes, skateboards, skates, or roller blades.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENT'S SIGNATURE IF UNDER 18 YEARS \_\_\_\_\_