

# TRAUMA

**5K RUN/WALK  
& Community Education Exposition**  
Saturday, May 22, 2010  9 a.m.  
Campus of Eastern Virginia Medical School  
Norfolk, Virginia

Run For Your Life 2

**EVMS**  
Eastern Virginia Medical School

### RACE COURSE:

The EVMS Trauma Run for Your Life 5K Run/Walk will take place in and around the grounds of EVMS and Sentara Norfolk General Hospital.

### PARKING:

Free parking on race day is available behind Hofheimer Hall on the campus of EVMS.

### 5K REGISTRATION:

The fee is \$20 for all registrations postmarked by May 6, 2010. The fee after May 6, 2010 will be \$25 before race day. Race day registration is \$30. Children's Race is \$5 per child through race day. No refunds, exchanges or transfers allowed. Special finisher awards will be given to all children. Please mail all registrations to EVMS c/o Dr. Scott Reed, 825 Fairfax Ave. #610, Norfolk, VA 23507. Please make all checks payable to EVMS. Registration is also available on *Active.com*. Race-day registration will be available at EVMS from 8 - 9 a.m.

### AWARDS:

Awards ceremony will start at 10:30 a.m. at Hofheimer Hall. There will be plenty of food and drinks. Door prizes will be raffled off at this time. Children will receive finisher ribbons.

### AGE GROUPS:

Top three male & female overall, top three male & female walkers and top three male & female in each age group will receive an award. (16 and under, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over)

### RACE DIRECTORS:

Race directed and managed by Dr. Scott Reed and EVMS. Race proceeds benefit Eastern Virginia Medical School. Please contact your race director, Dr. Scott Reed at [reedsf@EVMS.edu](mailto:reedsf@EVMS.edu). Incomplete applications will not be processed. One application per runner please.

NAME (FIRST, MI, LAST) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ E-MAIL \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ PERSONAL CHIP ID \_\_\_\_\_ T-SHIRT SIZE  Small  Medium  Large  Extra Large  
(Children will not receive T-shirts)

EVENT (CHECK ONE)  5K RUN  5K WALK  CHILDREN'S 1 MILE

**ASSUMPTION OF RISK AND WAIVER:** I UNDERSTAND that the EVMS Trauma Run for Your Life 5K Run/Walk ("event") is a potentially hazardous activity and has inherent risks, including, but not limited to falls, crashes or other accidents that may be caused by me or other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails. My participation is voluntary and I knowingly assume all such risks. I will not enter the event unless I am medically able and properly trained and acknowledge that baby joggers, headphones, skates and pets are not permitted. **Having read this waiver and understanding these risks, and in consideration of the acceptance of entry for the event, I, for myself and anyone entitled to act on my behalf, now or in the future, agree to waive and release Kale Enterprises, the City of Norfolk, Eastern Virginia Medical School (EVMS), race officials, volunteers, and all sponsors, their agents and successors from all claims or liabilities of any kind arising from my participation in this event even though that liability may arise from the ordinary negligence or carelessness of the persons and entities named in this waiver.** I understand that photographs and audio/video recordings will be made of the event and I consent and grant to the above entities the exclusive and irrevocable right to the ownership and use of such media containing my person, image, name, voice or likeness for any lawful purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
Parent's Signature if under 18 yrs.