

HAMPTON CHRISTIAN ACADEMY

“5K-The Warrior Way” Run/Walk

Saturday, November 11, 2017

Join us for a fun-filled event to support Hampton Christian Academy!

Course: Matteson Trail
 320 Butler Farm Rd.
 Hampton, VA 23666
 (Located at and encircles the
 Hamptons Golf Course)

Fees: \$25 *Pre-registration, postmarked
 by Friday, October 27*
 \$20 HCA Student and Virtual Runner
 \$30 Race day (T-shirts are not guaranteed
 after October 27.)

*No PTC passes accepted

Those not able to participate can become a Virtual Runner for \$20 and receive a T-shirt.

Packet: November 7 (3–7 p.m.)
Pickup: HCA Upper School Gym
 2419 N. Armistead Ave.
 Hampton, VA 23666

T-Shirts: Guaranteed to
 pre-registered participants

Start Times: 7:30 a.m. Race day registration
 8:30 a.m. Race start
 9:30 a.m. Awards ceremony

Race Director: Becky Chapman,
 757-599-3277
 the4cees@cox.net



Finish line and support are provided by the Peninsula Track Club.



(Please complete one form for each registrant)

To Register and Pay online: <http://www.active.com/hampton-va/running/trail-heads/5k-the-warrior-way-2017>, Registration Forms available at www.hamptonchristianacademy.org
Pre-registration must be postmarked by Friday, October 27.

Make checks payable to HCA. Mail payment and all registration forms to:
 HCA, Attention: Becky Chapman, 2419 N. Armistead Ave., Hampton, VA 23666.

- I have enclosed \$ _____ as a registrant in the HCA 5K.
- I have enclosed \$20 to participate as a Virtual Runner and receive a T-shirt.

(Please print clearly)

Name: _____ M F **Age:** _____

(On race day)

Address: _____ **City** _____ **St** _____ **Zip** _____

E-mail: _____ **Phone** _____ **T-Shirt Size:** S M L XL XXL

I know that running/walking a road race is a potentially hazardous activity. I should not enter a race 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 race. I assume all risk associated with running/walking 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 course, all such risk being known and appreciated by me. I also give permission for my photo to be taken, and to be used for future publicity purposes of this race. Having read this waiver, knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Transitions Family Violence Services, the Road Runners Club of America, the Peninsula Track Club, the City of Hampton, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

 (Signature) (Parent or Guardian Signature) **Date** _____

Hampton Christian Academy is a 501(c) (3) non-profit organization. All donations are tax deductible. Federal Tax ID #54-1088092

**ALL PARTICIPANTS MUST SIGN WAIVER. (ONE PER PERSON.)
 PARENT/GUARDIAN MUST SIGN AND BE PRESENT FOR THOSE UNDER AGE 18.**

About Hampton Christian Academy (HCA):

Established in 1937, Hampton Christian Academy has two campuses: a flourishing lower school (grades pre-k through fifth grade), and a college-preparatory upper school (grades six through twelve). Our mission is to provide students with a quality, academic education in a Biblically-directed learning environment that prepares them for leadership and Christian service in the community and the world.

HCA students demonstrate their God-given talents in many ways. They lead praise and worship at weekly chapel services, play various sports, and serve as leaders through student government. They exemplify Christ through these and many other opportunities in academics, fine arts, and community service. HCA's accredited, college-preparatory Biblically-based curriculum prepares them to be leaders in the community.

RACE DETAILS

Directions to the Matteson Trail:

From 1-64 West: Take Exit 262 - Magruder Blvd. Go through two lights, and at the third light, turn left onto Butler Farm Road. Turn right at the first driveway.

From 1-64 East: Take Exit 261-B - Hampton Roads Center Pkwy. From the Parkway, take the Magruder Blvd. Exit and bear left on the ramp, and then turn left onto Magruder Blvd. Turn left at the first traffic light you come to at Butler Farm Road. Turn right at the first driveway.

About the Course: The Matteson Trail is located at the Hamptons Golf Course and encircles the course. The 3-mile nature/fitness trail is named in honor of Tess Matteson, a member of the Hampton Roads Bird Club who was instrumental in the development of the trail. The trail is open from 7 a.m. until sunset and walking in pairs is encouraged. As you enjoy this picturesque trail, watch out for stray balls from the golf course.

