RACE REGISTRATION FORM

To register, please fill out this form and mail to:
Flat-Out Events
11843 Canon Blvd., Suite B
Newport News, VA 23606

MUST BE RECEIVED BY FEBRUARY 28, 2017
Faxed or Scanned forms will not be accepted.

First Name

Last Name

Male Female Name to print on bib (before 02/12/2017)

Address

City State Zip

Email - **please print clearly**

Phone Birth Date (mm/dd/yy)

Emergency Contact Name - Must not be a race participant

Emergency Contact Phone Estimated Finish Time

S M L XL XXL
Shirt Size

Marathon Relay Team Name (Required) Relay Leg # (Required)

THE NEWPORT NEWS ONE CITY MARATHON

MARCH 12TH 2017

REGISTRATION FEES
(add $5 for mail-in)

Marathon		8K Run/Walk	
$75	Open - Apr 15	$30	Open- Apr 15
$80	Apr 16 - July 15	$40	Apr 16 - July 15
$85	July 16 - Oct 15	$45	July 16 - Oct 15
$90	Oct 16 - Feb 15	$50	Oct 16 - Feb 15
$99	Feb 16 - Mar 7	$55	Feb 16 - Mar 7
$115	Mar 8 - Race Day	$65	Mar 8 - Race Day

Marathon Relay (Price per registrant)		Nautical Mile	
$45	Open - Apr 15	$15	Open- Apr 15
$50	Apr 16 - July 15	$15	Apr 16 - July 15
$55	July 16 - Oct 15	$15	July 16 - Oct 15
$60	Oct 16 - Feb 15	$20	Oct 16 - Feb 15
$65	Feb 16 - Mar 7	$20	Feb 16 - Mar 7
$75	Mar 8 - Race Day	$20	Mar 8 - Race Day

Employees of Newport News Shipbuilding receive a $10 discount off the current registration pricing of choice race. *

Active Duty Military, CNU Students and Employees of the City of Newport News, NNPS and CNU receive a $5 discount off the current registration pricing of choice race. *

* Must show proof of ID for applicable discounts.

Please make checks payable to **Flat-Out Events** with memo **ONE CITY MARATHON.** All payments must be received at the time the registration from is completed.

Check box for race registration

☐ Marathon ☐ 8K Run/Walk
☐ Marathon Relay ☐ Fun Run

Entry Fee $ (add $5 for mail-in) Total $

I recognize that my attendance at, preparation for or participation in the Event may be a DANGEROUS or HAZARDOUS ACTIVITY, which involves known and unknown risks of serious personal injury, including death, and damage to or loss of real or personal property. I am voluntarily registering myself to participate in the Event, despite the known and unknown risks of serious personal injury, including death, and damage to or loss of real or personal property presented by my attendance at, preparation for or participation in the Event. I understand and agree that this Release is a general release barring me and my family members, legal representatives, executors, heirs, next of kin, successors, beneficiaries and assigns from bringing any claims against the Released Parties for personal injuries, including death, and/or damage to or loss of real or personal property, if such claims in any way relate to my attendance at, preparation for or participation in the Event. I know my capabilities and limitations and I will not attempt to exceed those capabilities in attending, practicing for or participating in the Event. THEREFORE, for good and valuable consideration, including being permitted to attend, prepare for and participate in the Event, I expressly and freely agree as follows: 1. To ASSUME ALL RISK of serious personal injury, including death, and/or damage to or loss of real or personal property resulting from, arising out of or in any way connected with my attendance at, preparation for or participation in the Event. 2. To inspect the area used for preparing for or participating in the Event prior to my preparing for or participating in any way in the Event. 3. To RELEASE, WAIVE and FOREVER DISCHARGE any and all claims, losses, demands, damages, costs, expenses, lawsuits, causes of action and judgments that I now or hereafter may have or claim to have against the Released Parties resulting from, arising out of or in any way connected with my attendance at, preparation for, participation in the Event or any related event, including but not limited to, any claims or damages for personal injuries, including death, and/or damage to or loss of real or personal property, whether caused in whole or in part by the NEGLIGENCE and/or FAULT of the Released Parties or otherwise. 4. To INDEMNIFY, DEFEND, and HOLD HARMLESS the Released Parties from any and all claims, losses, demands, damages, costs, expenses (including attorneys' fees), lawsuits, causes of action and judgments for personal injuries, including death, and damage to or loss of real or personal property, whether foreseen or unforeseen, present or future, known or unknown, resulting from, arising out of or in any way connected with my attendance at, preparation for, participation in the Event or any related event, whether caused in whole or in part by the NEGLIGENCE and/or FAULT of the Released Parties or otherwise. 5. That I hold a valid personal health insurance policy sufficient in amount to cover any and all circumstances which may arise from my attendance at, preparation for or participation in the Event. 6. That I am in good health and there are no physical conditions that would prevent me from attending, preparing for or participating in the Event. 7. That I am 18 years of age or older. 8. That this Release shall be interpreted in accordance with the laws of the Commonwealth of Virginia and any dispute regarding the enforceability of this Release shall be filed in the Circuit Court for Newport News, and shall not be transferred to any other state or venue. 9. That any photographs, pictures, slides and/or movies of me taken or made by the Released Parties in connection with my attendance at, preparation for and/or participation in the Event, or any reproduction of the same, as well as my name, may in any manner be used by Released Parties, or by any person, corporation, partnership or association authorized by Released Parties. Further, that these rights will in no terms be extended beyond the purpose of promoting the Event or a similar or related event, and will not imply endorsement of any products of the Released Parties. 10. That this Release contains the entire, integrated agreement and understanding between Released Parties and me and that no party is relying on any representation, statement, or understanding except as set forth herein. Further, that this Agreement may not be amended or otherwise changed except by a writing signed by all parties hereto. 11. That this Release is intended to be as broad and inclusive as permitted by law, and that if any term or provision of this Release shall to any extent be held invalid or unenforceable, the remaining terms of the Release shall not be affected thereby, but shall be valid and enforceable to the fullest extent permitted by law. The invalid provision shall automatically be replaced by a substitute provision which is valid and as nearly as possible maintains the same economic purposes and intention of the valid provision. 12. That the terms and conditions contained in this Release shall be binding upon me and my family members, legal representatives, executors, heirs, next of kin, successors, beneficiaries and assigns.

Athlete Signature Date

Parent or Guardian Signature (if under 18)

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