

I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Law Enforcement United, Kale Enterprises, the City of Chesapeake, Onelife Fitness, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. This race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. I grant permission for all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes.

By signing below I have read and acknowledge the terms of this release waiver.

Signature of the person whose name appears above:

_____ Date _____

Signature Witness:

If participant is under the age of 18, his/her parent or legal guardian must also sign:

I, (print name)

_____, am parent or legal guardian of the participant who has signed above. I have read and understand the provisions of this document; I consent to the participant participating in the activity described above, and fully enter into and agree to the above Release from Responsibility, Assumption of Risk and Waiver.

Signature of parent or guardian:

_____ Date _____

RACE DAY FUN FOR THE FAMILY

Police K-9 Expo
Crime Prevention
Ident-a-kid kits
Fire Dept. Expo

*Law Enforcement
United*



Stride with Pride



Law Enforcement United

5K RACE

March 13, 2010

8 am



**At Onelife Fitness Chesapeake
600 Jarman Road
Chesapeake Virginia 23320**

WHAT IS LEU?

Law Enforcement United was founded by a group of dedicated law enforcement officers with a common goal: to honor and remember our fallen officers and to support and raise money and awareness for the National Law Enforcement Officers Memorial (NLEOM) and other organizations devoted to honoring and supporting our fallen officers and their families. Throughout the year, members of Law Enforcement United, strive to ensure the their fellow officers lives are never forgotten; climaxing in a final endeavor as they ride their bicycles from Hampton Roads, Virginia to the National Memorial in Washington D.C.

On the average, every 2 1/2 days, an officer loses his/her life in the line of duty. Several organizations exist locally and nationally to assist in honoring the sacrifice these officers made and help those left behind in the healing process, including the NLEOM. Engraved on the marble walls of the NLEOM are the names of over 18,000 men and women who have made the ultimate sacrifice to protect their respective communities. The NLEOM and Museum receives no government funding relying solely on the contributions of others for construction, upkeep and maintenance.

PACKETS

Participant numbers will be available at the site of pre-registration.. All pre-registered runners and walkers will receive a short sleeved T-shirt. Those who register on race day will be given shirts on a first come first serve basis. Race day registration opens at 6:30 a.m. Come early!

AGE GROUPS

12-under	40 - 49
13 -16	50 - 59
17 -19	60 - 69
20 -29	70 - over
30 -39	

EVENTS

Come out to Onelife and meet the fitness team that will help get you back into shape or help you maintain and improve your fitness. Door prizes will also be given out at the end of the race.

RACE COURSE

The race course starts and finishes at Onelife Fitness, 600 Jarman Rd and winds through the Crossways neighborhood along beautiful tree lined smoothly paved and flat commercial streets. Race starts at 8 am and will be timed using Chrono-track D-tags for instant, accurate results.

Please Print

Name _____

Birth Date _____ Age ____ Sex ____

Phone (____) _____

Address _____

City _____

State _____ Zip Code _____

Email _____

Shirt Size Circle: S M L XL

Please check appropriate box and circle amount paid.

pre-registration *before race day* \$25.00

Race Day registration: \$30.00

No refunds; race held rain or shine.

Make checks payable to:

Law Enforcement United

Please mail to:

United 5K

P.O. Box 1961

Chesapeake, VA 23327

PLEASE READ AND SIGN THE WAIVER ON THE REVERSE SIDE. YOU CANNOT PARTICIPATE WITHOUT SIGNING THIS FORM.

Timing and Scoring provided by:
KaleRunning.com

