



The Town of Smithfield presents



8th Annual Smithfield 5K Hog Jog and Walk

And Kids Fun Run!

A Peninsula Track Club Grand Prix event

Saturday, October 10, 2009

Time: 7:00 AM Race Day Registration (closes at 8:45 am)
9:00 AM 5K Run and Walk
10:00 AM Kids Fun Run (Ages 10 and under)
10:30 AM Awards and Post Race Party featuring Gwaltney hot dogs, beverages and beer.

Place: Veterans Memorial in Historic Downtown Smithfield

Fees: **5K Run and Walk**
\$20.00 Pre-registration (postmarked by September 29, 2009)
\$25.00 Registration after September 29, 2009
NEW! "Whole Hog" Team Registration (Groups of 15 or more, \$17.00 each)
(Entire group must be postmarked and delivered in **1 envelope** by September 29th)
Kids Fun Run
\$10.00 Pre-registration (pre-registered guaranteed a t-shirt)
\$15.00 Registration after September 29, 2009
Online registration available at www.active.com (closes October 7, 2009 11:59 pm EST)
Pre-registered runners are guaranteed a t-shirt

Awards

5K Run/Walk: Top 3 Male and Female overall, Top 3 Masters Male and Female, and Top 3 Age Group Male and Female will all receive a unique commemorative award.
(14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)

Kids Fun Run: All children will receive a participation award.

Best Costume: The best dressed "Piggy" in both the 5k run/walk and the Kids Fun Run will receive a special award.

Door Prizes

We will be drawing for hundreds of dollars worth of door prizes from merchants and race supporters.
All entrants and volunteers are eligible to win. You must be present to win a door prize.

Race Director: Kyle Weidlich (757) 508-1072

Race Coordination: Finish line results and race support provided by the Peninsula Track Club.

Beneficiary: Race proceeds will benefit The Isle of Wight County Christian Outreach Program (COP), which sponsors the annual event "Souper Saturday" serving some of the best homemade soups you have ever tasted. Visit Main Street in Smithfield.

Additional Activities:

Race Day is also "Town and Country Day" in Smithfield and Isle of Wight with loads of family fun in the town and the country, including a car show and farm fresh produce at the Smithfield Old Towne Curb Market. Visit www.smithfield-virginia.com for more information.

The Luter Family YMCA at 259 James Street offers use of their shower facilities after the race so participants and guests can stay for the day and enjoy all that Isle of Wight and Smithfield has to offer.

Directions:

From the James River Bridge: From Rt. 17 South turn right at the 4th stoplight onto Rt. 258. At the "T" of Rt. 258, turn right onto Rt. 10 West. Turn right at the 5th stoplight onto Main St. Turn left at the first stoplight onto Church St. Just past Luter Drive, turn right into the Smithfield Center/Smithfield Little Theatre. Race day registration will be under the tent behind the Veterans Memorial. Parking is available at the Smithfield Center and Smithfield Little Theatre.

From Virginia Beach and Chesapeake: Take Rt. 64 toward Suffolk. Take Rt. 58/460 west to Rt. 10. Turn right on Rt. 10 west and continue through Chuckatuck. Turn right at the 6th light and follow the James River Bridge directions from Main Street.



Make Checks Payable to: Smithfield Hog Jog
Mail Entries to: Emilie Ormond
8 Dashiell Drive
Smithfield, VA 23430 (email: emilie.ormond@verizon.net)

Name (Last, First, MI):

Address (Street, City, State, Zip):

Email Address:

Phone number w/area code _____ Age _____ Date of Birth _____ Sex (circle one) **M / F**

Event: 5K Run/Walk Kids Fun Run PTC Member (circle one) **Y / N**

T-Shirt Size: (adult sizing) **S** **M** **L** **XL** **XXL**

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 race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and 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 individuals with headphones, baby joggers, baby strollers, dogs on leashes, skateboards, or skates and I will abide by these guide lines. 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 the Peninsula Track Club, the Road Runners Club of America, the Town of Smithfield, The Christian Outreach program, Smithfield Foods, race officials, volunteers and all sponsors, their representative and successors from claims or liabilities or any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Guardian if under 18 _____ Date _____