

Entry Guidelines

Complete the entry form enclosed and return it, signed, along with your registration fee, to:

**Peninsula Community Foundation
of Virginia
11742 Jefferson Ave.
Suite 350
Newport News, VA 23606**

Pre-registration is strongly encouraged.

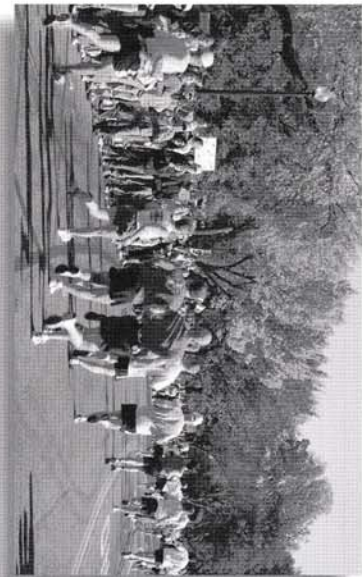
On-line registration is available via: www.bff8k.com

Your registration fee includes participation in the race, and a custom race T-shirt. (Shirt cannot be guaranteed if registering after September 10th.)

Children 12 & under:	\$10
Registration by Sept. 3, 2010:	\$35
Registration after Sept. 3, 2010:	\$40
Registration day of the event:	\$45

T-shirts will also be available for purchase to non-runners at "Donation and Information" booths at the event, while supplies last.

Entry fees (100%) will be donated directly to each runner's designated charity organization. A list of eligible charities is available on the reverse or by visiting www.pcfvirginia.org.



**Peninsula
Community
Foundation
of Virginia**

11742 Jefferson Avenue, Suite 350
Newport News, Virginia 23606

Best Foot Forward 8K



**September 18th, 2010
The Mariners' Museum
Newport News, VA**



hosted by
**Peninsula
Community
Foundation
of Virginia**

www.bff8k.com

About Peninsula Community Foundation

Founded in 2002, the Peninsula Community Foundation of Virginia manages approximately \$3.5 million in assets and 32 charitable funds. As a primary steward of permanent philanthropic giving on the peninsula, the Foundation focuses on coordinating donors and the needs of our community.

To provide individuals and organizations with opportunities to invest in the Virginia Peninsula and improve the quality of life for its citizens, Peninsula Community Foundation goals:

- To build permanent resources to provide for our community's continuing needs.
- To offer a range of charitable options for donors who wish to invest in our region in a lasting way.
- To manage charitable gifts in a prudent manner for the long-term benefit of the peninsula community.
- To assist area nonprofit organizations in building their endowment resources.
- To assemble and maintain a diverse and knowledgeable board of directors to govern the Foundation.

Those We Serve

American Association of University Women (Newport News Branch) • Alternatives, Inc. • Alzheimer's Association • American Red Cross - Hampton Roads • Arc of the Virginia Peninsula, Inc. • Avalon: A Center for Women and Children • Big Brothers Big Sisters of the Virginia Peninsula • Boys & Girls Clubs of the Virginia Peninsula • Catholic Charities of Eastern Virginia (Hampton Roads) • Center for Child & Family Services, Inc. • Children's Home of Hampton Roads/The Children's Village of Hampton Roads • Christopher Newport University • CHROME (Cooperating Hampton Roads Organizations for Minorities in Engineering) • Colonial Virginia Council, Inc. • Boy Scouts of America • Downtown Hampton Child Development Center • Edmarc Hospice For Children • Endview Plantation • Foodbank of the Virginia Peninsula, Inc. • Hampton Family YMCA • Hampton-Newport News Community Services Board • Hampton Roads Academy • Hampton University Child Development Center • Hampton University Museum and Archives • Junior Achievement of Greater Hampton Roads, Inc. • Lee Hall Mansion • LIK of Hampton Roads • Mariner's Museum • Mothers Against Drunk Driving - Peninsula Chapter • Newport News Court Appointed Special Advocates • Newport News Green Foundation • Newsome House Museum & Cultural Center Foundation, Inc. • Olivet Medical Ministry/Lackey Free Family Medical Clinic • Patient Advocate Foundation, Inc. • Peninsula Agency on Aging, Inc. (PAA) • Peninsula Catholic High School • Peninsula Fine Arts Center • Peninsula Habitat for Humanity, Inc. • Preschool Partners of the Virginia Peninsula • Special Olympics Virginia (Hampton Roads, Area 22) • St. Mary Star of the Sea School • Thomas Nelson Community College Educational Foundation • United Way of the Virginia Peninsula • Virginia Air & Space Museum • Virginia Living Museum • Virginia Breast Cancer Foundation (Peninsula and Hampton Roads Chapters)

Your participation in the Best Foot Forward 5K will have a direct impact on charities here on the peninsula.

Race Information

Date: Saturday, September 18, 2010
Time: 7:00 AM Registration & packet pick-up
 7:50 AM Wheelchair Division race begins
 8:00 AM Run begins
Location: The Mariners' Museum
 100 Museum Drive
 Newport News, Virginia 23606

Chip-Timed Accuracy

Race timing will use the "D-tag" system thanks to Kale Running. The disposable D-tag, attached to your shoe, is lighter and less intrusive than other systems. Once the D-tag is attached, you will forget it's even there! Your time will be calculated to the second and available at kalerunning.com.

Age Groups, Male & Female

ages 10 & under	ages 30-34	ages 55-59
ages 11-14	ages 35-39	ages 60-64
ages 15-18	ages 40-44	ages 65-69
ages 19-24	ages 45-49	ages 70 & over
ages 25-29	ages 50-54	

Packet Pick-Up

Runners' packets and bibs may be picked up on September 16-17, from 10:00 AM to 7:00 PM at The Runner's Source, 2140 William Styron Square, Newport News, VA 23606. Packets may also be picked up on race day.

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the RUNNER'S SOURCE
.com

Race Registration

Last Name: _____ First Name: _____ Personal chip #: (_____)
 Address: _____ City: _____ State: _____ Email: _____
 Shirt size: S M L XL XXL Gender: M / F DOB: _____ Age on race day: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume all other risks associated with running this event including but not limited to, falls, contact with others, the effects of the weather, including high heat and/or humidity, and condition of the roads — all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge the City of Newport News, The Peninsula Community Foundation of Virginia, Wittcamp Communications Group, Kale Running, Christopher Newport University, The Mariners' Museum, race officials, volunteers, and any and all sponsors—including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned future grants full permission to Wittcamp Communications Group, Visual Unlimited, The Peninsula Community Foundation of Virginia and/or their agents to use my photographs, videotapes, motion pictures, recording or any other record of this event for any purpose. Applications for minors will only be accepted with parent's signature.

Signature of runner _____ Date _____

Parent signature if under 18 _____

Runner-designated charity organization _____