



February 4th, 2012

Race Start: 8:30AM

Where: 8th Street & the Boardwalk - Virginia Beach, VA

Registration Fee: \$35 per runner through 1/15. \$40 per runner after 1/15.

On-site registration & packet pick up: 2/1 - 2/3: 2pm - 7pm at the Ramada Inn (6th St. & Atlantic. Race day (2/4): 7:00am - 8:00am at the Ramada Inn.

Runners receive: A long sleeve technical shirt, goody bag, and entrance into both the Polar Plunge Festival and the 20th Anniversary Saturday Night Beach Bash.

Fundraising Incentives: Choose one gift at or below the level achieved. \$100 - Acrylic Cup. \$250 - Visor. \$600 - Hotel Voucher. \$1000 - Warm Up Jacket.

Award Categories: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+ Awards will be given to the top male and top female runners overall and top three male and female runners in each age group.

Award start time: 9:45am under the main tent.

Online registration and fundraising page creation are available at
www.firstgiving.com/polarplungeva

FIRST NAME		LAST NAME	
AGE ON RACE DAY	DATE OF BIRTH	SEX: <input type="checkbox"/> M <input type="checkbox"/> F	
STREET ADDRESS			
CITY			STATE
ZIP			
DAY PHONE			
EMAIL ADDRESS			

T-Shirt Size: SMALL MEDIUM LARGE X-LARGE 2 X-LARGE

I understand that running a road race is a potentially dangerous activity. I should not enter and run 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 run. I assume all risks associated with running this event, including but not limited to, falls, contact with other participants, the effects of weather including heat or cold, traffic and the condition 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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Kale Enterprises, Inc. DBA KaleRunning.com, the City of Virginia Beach Special Olympics VA, Special Olympics, Inc, race officials, volunteers, and all sponsors and representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recoding or any other record of this event for legitimate purposes. I understand that this is a road race conducted under the rules of the USTAF, is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature _____ Date _____

Parent's signature required if participant is under 18 years old.

NO REFUNDS, EXCHANGES, OR TRANSFERS. RACE HELD RAIN OR SHINE.

Mail your registration and check payable to:

Special Olympics Virginia
184 Business Park Drive #202
Virginia Beach, VA 23462