



The First Annual Princess Anne Middle School Panther Prowl 5K RUN/WALK

Check #

Race #

**Sunday, April 27, 2014
1:00pm.**

NEW Kellam, 2665 West Neck Rd, Virginia Beach, VA 23456
Runner, Walker, Volunteer, Donation Registration Form

The race is open to all students and staff of Princess Anne Middle School and their families!
All proceeds of the event go to Wounded Wear, therefore, there is a registration fee
for volunteers and runner/walkers.

Circle One: RUNNER WALKER VOLUNTEER DONATION ONLY

Registration. From March 19th – March 28th registration forms will be collected in the cafeteria during all lunches. Cost is \$20.00 and checks should be made payable to PAMS. The signed registration form and money must be turned in at the time of registration. After March 28th, the price increases to \$25.00 and t-shirts cannot be guaranteed. Registration will also be held race day, April 27th, in the gym for \$25.00 - t-shirts cannot be guaranteed. There will be NO REFUNDS. If the race is cancelled due to inclement weather, it will not be rescheduled. Race packets must be picked up April 25th during all lunches. An announcement will be made during first block for students. Students will be permitted to pick up race packets for family members. Additional pick-up will be race day at 12:00 p.m. in the NEW Kellam gym.

Awards. The top three finishers in each category will receive an award for placing in their respective categories. All runners, walkers and volunteers will receive a race t-shirt (if registered by March 28th).

Divisions/Individual Age Groups. Age as of race date. The Princess Anne Middle School student divisions include: (male/female) 6th Grader, 7th Grader, and 8th Grader. For Non-PAMS siblings: 11- under and 12 and over. The adult divisions include: (male/female) 19-29, 30-39, 40-49 and 50-up.

*** Open to the first 400 participants ***
*** Refreshments will be served following the race! ***

PLEASE PRINT NEATLY
(BOTH SIDES)

NAME _____ **(AGE on Race DAY)** _____
ADDRESS _____
HOME PHONE # _____ **E-MAIL** _____
PAMS Time Teacher: _____

T-SHIRT Size

_____ Small
 _____ Medium
 _____ Large
 _____ X-Large
 _____ XX-Large

(size is not guaranteed)

Divisions:

Individual Age Groups: MALE FEMALE (*Please circle gender and class/age*)

PAMS Students: 6th Grader 7th Grader 8th Grader
Non- PAMS Students: 11- under, 12- over
Adults: 19-29, 30-39, 40-49, 50-up

For PAMS Staff ONLY:
Staff Challenge Team: _____

OVER



**PRINCESS ANNE MIDDLE SCHOOL
PANTHER PROWL 5K RUN/WALK
SUNDAY, APRIL 27, 2014
NEW Kellam, 2665 West Neck Rd, Virginia Beach, VA 23456**

Race time: 1:00pm

The race is open to all students and staff of Princess Anne Middle School and their families.

This is a school-sponsored event for the benefit of a local charity.

PARTICIPANT AGREEMENT

While participating in this event, I will accept responsibility for maintaining good conduct and appearance, and I will follow directions at all times. I agree to abide by the Princess Anne Middle School Code of Conduct at all times while participating in this school activity.

I give permission for _____ to participate in the event described above.
(Print Name)

I know that running a 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 decisions 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 participants, the effects of the weather, including extreme cold and ice, traffic and conditions of the road, 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 Princess Anne Middle School, Kellam High School, Virginia Beach City Public Schools, City of Virginia Beach, State of Virginia, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules set forth by the Panther Prowl committee at Princess Anne Middle School and I understand the race is not intended for baby joggers, baby strollers, skates, skateboards, headphones, or animals on leashes, and I will abide by these guidelines.

1) Participant Signature _____ Date _____

2) Parent/Guardian Signature _____ Date _____

3) Emergency Contact _____
(Please Print Name Neatly) (Phone Number)

All Applications will be processed in the order received. Incomplete forms cannot be accepted. Registration forms mailed to Princess Anne Middle School, C/O: Hunter Bolling/PAMS 5K Panther Prowl; 2509 Seaboard Rd, Virginia Beach, VA 23456, must be postmarked by March 28th, 2014.

Thank you!