

4th Annual BOO-yah! 5k & Little Monsters Fun Run!

Saturday, Oct. 24th * 8:00 a.m. * Fountain Park - 601 Broad Street, Portsmouth, VA

To benefit the SEVA Regional Food Bank and the Port Norfolk Civic League

Race Information:

Get into the "spirit" of the BOO-yah! Dress up in your favorite costume and prepare for SPOOKtacular fun as you run through the ~~haunted~~ HISTORIC streets of Port Norfolk!

Race Directors:

Matt Hartman - (757) 971-0237
Amy O'Donnell - (757) 739-6433
Email: booyah5k@portnorfolk.org



Registration Information:

Register for the BOO-yah 5k and Fun Run by mail, online or on race day:

BOO-yah 5k

Early bird registration before May 28th: \$25
Pre-registration until Sept. 28th: \$30
Registration after Sept. 28th: \$35
Same Day Registration: \$40
Team Registrations: \$25 per person

Little Monsters Dash Fun Run

Registration: \$5

Did you know one in four residents in Southeastern Virginia live on the edge of hunger? Did you also know that 50% of those needing food assistance are children? No child should go hungry in this country. Please bring a non-perishable food donation with you to the race to help eradicate hunger in Hampton Roads!

Check www.booyah5k.com
for race information and
updates, or to register online!

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Last Name, First	Date of Birth
Address	
City/State/Zip	
Phone	Email
Sex <input checked="" type="checkbox"/> M <input type="checkbox"/> F	Team Name *

* A team is three or more members

<input checked="" type="checkbox"/> 5k	<input checked="" type="checkbox"/> Fun	<input type="checkbox"/> Run	<input type="checkbox"/> Walk	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL	<input type="checkbox"/> 2X	<input type="checkbox"/> 3X
Event (choose one)		(choose your pace)		T-shirt Size - 5k only (choose one)					

Entry Fee	\$ _____
Donation	\$ _____
TOTAL	\$ _____

- Check payable to PNCL is enclosed.
- Please charge the following account:
 - Visa MC Disc AmEx

Card number: _____ Expiration Date: _____ Code: _____

Names as listed on card (please print): _____

Signature _____ (Invalid without signature)

Liability and Publicity Release: For myself and my executors and administrators, I/we hereby release the PNCL, any event sponsors and any event volunteers and each of their respective officers, employees, successors and assigns from any and all claims and damages arising out of any injury or condition that I/we may suffer as a result of participating in this event. Further, I/we hereby grant full permission to any and all of the foregoing to use my/our photograph or any other record of the event for legitimate purposes.

Signature Date Parent Signature (if under 18 years old) Date

Mail completed applications to: BOO-yah 5k Run c/o 409 Douglas Avenue, Portsmouth, VA 23707