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# 18<sup>th</sup> Annual Allen Stone-Braveheart Memorial Races presented by SAIC

To Benefit the Virginia Beach Volunteer Rescue Squad and Navy SEAL Foundation

JULY 13, 2019 - 24<sup>th</sup> Street Park

In 1999, this race was held for the first time, and was called the "Brave Heart Run-Swim-Run." Allen Stone – a local Navy SEAL and friend of the organizers – competed and won the 20-29 male age group. Tragically, this was Allen's last race. Shortly after, he died in a SEAL training accident. Accordingly, the race committee decided to rename the race to honor our fallen friend and local hero. We hope you'll participate! With Allen's enthusiastic zeal for life and outgoing personality, we know he would have welcomed you!

**Packet Pick-up** July 12 - 5:00-7:00 p.m. **Running, Etc.** 1940 Laskin Rd. #302 Va Beach 757-491-2340

**Race Day Packet Pick-up:** 6:00a.m.-7:30am, 24<sup>th</sup> Street Park

**RSR:** 1K beach run-1K ocean swim-5K on the boardwalk, 8:15 am start

**5KRun/Walk:** 7:45am start **1 Mile Kids Fun Run:** 9:15am start **Post Race Party:** LunaSea @ 11am

**RSR/5K Divisions/Awards:** Men/Women: 8&under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 75+

Separate divisions for: Military, Clydesdale (200+) & Athena(140+), Wheelchair, Walkers, Team Hoyt

**Kids 1 Mile Fun Run: 6 and under, 7-8, 9-10, 11-12, 13-14**

The Run Swim Run is a **Tidewater Striders Multisport Grand Prix Series Event!**

**Entry Fees: RSR:** \$48 by 4/30; \$53 by 5/30, \$58 by 6/30, \$63 after 6/30 - Active duty military \$40

**5K:** \$28 before 4/30, \$33 by 5/30, \$38 by 6/30, \$43 after 6/30, Active duty military \$20

**1 Mile Kids Race:** \$10 by 5/30, \$15 by 6/30, \$20 after 6/30 - Medals given for finishers

**Mail to: Allen Stone Memorial Races 120 Cherwell Ct Williamsburg, VA 23188**

**Checks can be made payable to Navy SEAL Foundation or VBVRS -You choose your charity!**

Questions: E-mail questions to [mkwvt86@gmail.com](mailto:mkwvt86@gmail.com)

Race information available online at [www.allenstonememorial.com](http://www.allenstonememorial.com)

**Online registration:** [www.chronotrack.com](http://www.chronotrack.com) **TIMING:** J&A Racing [www.jandaracing.com](http://www.jandaracing.com) **PHOTOS:** [www.triduo.com](http://www.triduo.com)

Name: \_\_\_\_\_ Gender: M or F

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Birth date: \_\_\_\_\_

**Choose one:**  1 Mile Kids Fun Run  Run Swim Run  5K Run/Walk

**Choose one:**  Age Group  Clydesdale/Athena  Military  Team Hoyt  Walker

**T-shirt size:**  Small  Medium  Large  X-Large  XX-Large

### WAIVER (READ CAREFULLY) -- MUST BE SIGNED FOR ENTRY

I hereby certify that I understand the nature and hazards of the competition I am entering. I also understand that many factors are beyond the control of race organizers, including, but not limited to, beach, ocean, boardwalk and road conditions, and actions of other competitors. Further, I understand that I must be physically fit to compete in this event, and certify that I am and will be in appropriate condition to compete safely.

In consideration of the acceptance of my entry in this competition, I intend to be legally bound, for not only myself, but for my heirs, executors and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability which may arise from this competition. I agree to pay all reasonable attorney's fees and litigation expenses incurred by any person, real or corporate, whom I may sue in violation of or in an effort to challenge this release from liability form. I understand that my waiver and agreement to pay attorney's fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event

\_\_\_\_\_  
Signature in full of applicant

\_\_\_\_\_  
Signature in full and printed name of parent or legal

\_\_\_\_\_  
Date