Come out and join us on June 13, 2015 for the 9th annual Luxford Dragon Dash. This event is open to all with a 1 mile run/walk for all and a 4K for ages 7 and up. Due to safety concerns, children younger than 7 will not be allowed to participate in the 4K. The event will be timed by Mettle Timing using the latest chip technology. Both races will begin at 8:00am. Everyone that crosses the finish line will receive an email with their completed time and a 15 second video of crossing the finish line! Medals will be awarded to Luxford Students who place at a ceremony after the race. No medals will be awarded to the general public.

To register, complete the form on pages 3 and 4 and return to Luxford Elementary with payment.

Race Registration Deadline Week - For your convenience:
A registration table will be set up at Luxford Elementary School from 3:00 – 4:00 p.m. Monday-Friday during the last week of registration, May 25th-29th. However, be sure to register early, as the LAST day to register is May 31st!

Registration Fees (includes T-Shirt)

<table>
<thead>
<tr>
<th></th>
<th>1 Mile</th>
<th>4K</th>
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<tr>
<td>Students/Staff</td>
<td>$8</td>
<td>All Runners $15</td>
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Race Location/Parking
Runners should report to Louise Luxford Elementary School, 4808 Haygood Road, Virginia Beach, located ½ mile west of the intersection of Independence and Haygood Road. Parking is available at Luxford Elementary, Calvary Baptist Church next to the school, or throughout the Aragona neighborhood. Both races will begin in the field located behind Luxford Elementary School, proceed through Haygood Point neighborhood, and finish in the field. The course is asphalt, flat, with course markers. Course Marshalls, uniformed deputies and medical assistance will be available on the course. Refreshments available at the finish line.

Race T-shirt Pick-Up
Race t-shirts may be picked up at Luxford Elementary School during the Race week, Monday-Thursday, June 8th - 11th from 3:00 – 4:00 p.m. and Friday, June 12th from 3:00 – 6:00 p.m. Race numbers will be distributed on Race Day at 7:00 - 7:30 a.m. Race Numbers must be worn/pinned on front of shirt. Please be sure to arrive early on Race Day to ensure you have time to pin your number on BEFORE the Race starts.
Runner Responsibility
Parents or guardians must be present at the event for students to participate.
To ensure runner safety and to comply with liability insurance requirements, unregistered runners, strollers/joggers, unauthorized vehicles, bicycles, skateboards, roller skates, heelys, the wearing of headphones and running with dogs are strictly prohibited. Non-compliance will result in immediate disqualification.
Route information can be found on the Luxford website:  www.luxfordes.vbschools.com.

If your child has a medical condition, please bring needed items such as inhalers, Epi pens, etc. Also race bibs will provide a space for emergency information.
Runners must wear their runners bibs on the outer layer of their clothing while running. Failure to do so may result in disqualification for awards.

1 Mile Route:

4K Route:
Please sign and return with payment to school via your child’s classroom folder or mail to:
Luxford PTA, Attn. Dragon Dash, 4808 Haygood Road, Virginia Beach, VA 23455
NO REFUNDS, EXCHANGES OR TRANSFERS. Make Checks Payable to Luxford PTA.
Race held Rain or Shine.

Name (First, MI, Last) ____________________________________________________________
Address _______________________________________________________________________
City _____________________________, State _______ Zip __________
Age ________ Sex ________ Phone Number ___________________________________________
Email _______________________________________________________________ Birthdate __________
Luxford Student/Staff Y or N Teacher/Grade _______________________________________
T-Shirt Size (circle one) YS YM YL AS AM AL AXL 2X Race (circle one) 1Mile 4K

Name (First, MI, Last) ____________________________________________________________
Address _______________________________________________________________________
City _____________________________, State _______ Zip __________
Age ________ Sex ________ Phone Number ___________________________________________
Email _______________________________________________________________ Birthdate __________
Luxford Student/Staff Y or N Teacher/Grade _______________________________________
T-Shirt Size (circle one) YS YM YL AS AM AL AXL 2X Race (circle one) 1Mile 4K

Name (First, MI, Last) ____________________________________________________________
Address _______________________________________________________________________
City _____________________________, State _______ Zip __________
Age ________ Sex ________ Phone Number ___________________________________________
Email _______________________________________________________________ Birthdate __________
Luxford Student/Staff Y or N Teacher/Grade _______________________________________
T-Shirt Size (circle one) YS YM YL AS AM AL AXL 2X Race (circle one) 1Mile 4K

See other side for Payment and Waiver

For questions call Brittany Cooper 757-633-1500 or email luxfordpta@gmail.com
9th Annual Dragon Dash
Presented by Luxford PTA and Mettle Timing
Race Start: 8:00 A.M. Saturday, June 13, 2015
Louise Luxford Elementary School
4808 Haygood Road, Virginia Beach

Registration Fees (includes T-Shirt):

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☐ Yes, I would like more information on volunteer opportunities at the
Dragon Dash!
☐ Packet/T-shirt distribution
☐ Course Marshal
☐ Race Day Set Up
☐ Race Day Tear Down
☐ Pass out water
☐ Trucks needed for course set up

Waiver: I know that participating in Luxford Elementary PTA “Dragon Dash” Run/Walk is a potentially dangerous activity. I and/or my child should not enter or participate unless medically able and properly trained. I agree to abide by any decision of a race official relative to my or my child’s ability to safely complete the event. I assume all risks and responsibility for myself and my child associated with the event including, but not limited to, falls, contact with other participants, the effects of the weather including extreme cold or heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I certify my agreement by signature. I release any and all sponsors including, but not limited to, Virginia Beach Public Schools, Luxford Elementary School, Luxford Parent Teacher Association (PTA) and their sponsors, Mettle Timing, volunteers and race officials from all claims of liability as a result of my participation in the event, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any recordings of the “Dragon Dash” Run/Walk for any legitimate purpose.

Signature __________________________________________ Date __________________________
Parent’s signature if less than 18 years is required

For questions call Brittany Cooper 757-633-1500 or email luxfordpta@gmail.com