





18th Annual Allen Stone-Braveheart Memorial Races presented by SAIC

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

JULY 14, 2018 - 24th 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 13 - 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, 24th 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 (Males -200+) & Athena (Females - 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 and retired military \$40

5K: \$28 before 4/30, \$33 by 5/30, \$38 by 6/30, \$43 after 6/30, Active duty and retired 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

Race information available online at www.allenstonememorial.com

Online registration: www.chronotrack.com **TIMING:** J&A Racing www.jandaracing.com **PHOTOS:** 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 (Male) Athena (Female) 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