



SYSCO Hampton Roads  
Matthew S. Hewes, CPA



# Old Dominion University's

## HOMECOMING 2012

### 14<sup>th</sup> Annual DOA

(Department of Accounting)

### 5k run and walk

### Sunday, October 14, 2012

### 1:00 PM



**Location:** Old Dominion University, Norfolk, Virginia.

**Route:** This flat, fast course starts in front of the Powhatan 2 Apartments at the corner of Powhatan Ave and 48<sup>th</sup> Street, circles through Old Dominion University's scenic campus and ends down 48<sup>th</sup> Street at the Elizabeth River Beach.

Registration - Open to All Runners			
	Early Bird Postmarked by September 14	Early Postmarked by October 3	Late Until Race Day 12:30pm
ODU Student/Faculty/Alumni	\$ 5	\$ 7	\$ 10
Regular Registration	\$ 10	\$ 15	\$ 20
Team Registration	\$ 10 per person	\$ 15 per person	Not Allowed

**Registration:** Late and Race Day registrations are reduced by \$5 when t-shirts are gone.

Registration forms should be sent to **Department of Accounting, Constant Hall, Room 2157, Old Dominion University, Norfolk, VA 23529**. Make checks payable to "Department of Accounting".

**Race Materials:** Numbers and T-shirts will be distributed on race day from 11:30-12:30pm near the race starting line at the corner of Powhatan Avenue and 48<sup>th</sup> Street.

**Post Race Party** at ODU's Elizabeth River Beach near the race finish line. Food and beverages will be served.

**Awards:** The first three male and female finishers, the first three finishers in each age group, the first finisher in each division and team category. Also, the first three race walkers. Awards are frameable certificates with name, award, date and time printed.

**Age Groups:** Male and Female 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 and over.

**Divisions:** Overall Male and Female, Male and Female ODU Alumnus, ODU Student, Race Walker, Accountant, and Faculty.

**Team Categories:** Teams must consist of four members. Teams may be all male, all female, or mixed (2 male, 2 female).

**Team Scoring:** Teams scores are the average finishing time for each team.

Race Director: Randy Spurrier, rspurrie@odu.edu or (757)567-1930.

Race Co-ordinator: Tidewater Striders Running Club: [www.tidewaterstriders.com](http://www.tidewaterstriders.com)

For more information or for race forms contact Randy Spurrier, rspurrie@odu.edu or (757)567-1930.

On line registration:

[http://www.active.com/event\\_detail.cfm?event\\_id=2053676](http://www.active.com/event_detail.cfm?event_id=2053676) or <https://www.raceit.com/register/?event=14373>

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 decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to, falls, contact with other participants, the effects of weather, including heat, cold 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 and in consideration of your accepting this entry, I, for myself and anyone entitled to act on my behalf, waive and release Old Dominion University, The City of Norfolk, Tidewater Striders Running Club, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. **This race is not intended for individuals with headphones, skates, skateboards, baby joggers and baby strollers, and dogs on leashes.**

**I WILL ABIDE BY THESE GUIDELINES.**

_____ Signature		_____ Date	_____ Parents signature (if under 18)		
Name (Printed) _____		Age on Race Day _____			
Mailing Address _____					
Street		City	State	Zip Code	
T-shirt size	S M L XL	Sex	M F	Phone ____-____-____ e-mail address _____	
If Applicable: Team Name _____		Team Category (Circle one) __Male Female Mixed_____			
Check <b>only one</b> , if applicable: ODU Alumnus ____ Accountant____ ODU Student____ Race Walker____ Faculty____					
Tidewater Strider Member ____Yes ____No		Make checks payable to " <b>Department of Accounting</b> " and mail to: Old Dominion University, Dept of Accounting, Constant Hall, Room 2157 Norfolk, VA 23529			
<b>Amount Enclosed \$</b> _____					