

6th Annual
**Boys & Girls Clubs
 Smart Smiles® 5K**



BOYS & GIRLS CLUBS
 OF THE VIRGINIA PENINSULA



**Saturday
 August 17, 2013
 Mariners' Museum Park**

A Peninsula Track Club GRAND PRIX Event!

What time is it? 7:00 am Race Day Registration & Packet Pick-Up
8:00 am 5K Walk/Run
 9:30 am Awards, Door Prizes, & Celebration

**Pre-registered? Early pick-up: Friday,
 Aug. 16 from 1-5 pm @ BGCVP Admin Office**
 11825 Rock Landing Dr., Chesapeake Bldg., Ste B
 Newport News, VA 23606 757-223-7204

Where do I go? Mariners' Museum Park- enter across from Warwick H.S. (off of Warwick Blvd.)
 Parking at Warwick H.S.

PTC Passes Accepted!

How much is it? \$20 Before Race Day \$25 Race Day
 \$10 per person for high school athletes
 Fundraising teams (see info box below & contact lmacduffie@bagclub.com)

What do I get? A fun time, t-shirt & race bag with free coupons and goodies! Awards go to top 3 overall male & female in age groups: U 11, U14, U19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+ (T-shirt availability & size not guaranteed unless pre-registered)

FINISH LINE RESULTS & RACE SUPPORT PROVIDED BY THE PENINSULA TRACK CLUB!
www.peninsulatrackclub.com



**Register by mail, in person or
 online at www.bagclub.com**

Click on Smart Smiles 5K on the left hand side or go to the Upcoming Events tab & click on Smart Smiles 5K. More info: lmacduffie@bagclub.com

FUNDRAISING TEAM INFORMATION

Free race registration for up to 10 members from each fundraising team that raises \$1,000+ for Boys & Girls Clubs Smart Smiles 5K. The team that raises the most money will receive recognition and a prize on race day!

Last Name: _____ First Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 Email: _____ Age on Race Day: _____ Gender: M F
 (circle one)
 T-Shirt Size (circle) Youth: S M Adult: S M L XL School Name: _____
 (for High School Athletes only)
 Team Name: _____
 (for team registration only)

Total Registration Fee: \$ _____ I would like to make a tax deductible donation of: \$ _____

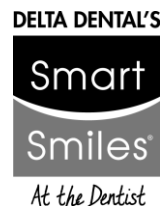
Total Amount Enclosed: \$ _____ Check/cash is enclosed
 Charge: Visa MasterCard Discover Amex
 _____ Card Number _____ Expiration Date _____

Please read the reverse side of this form and sign below: I HAVE READ THE ACKNOWLEDGEMENT AND ASSUMPTION OF RISK, WAIVER, OF LIABILITY IN ITS ENTIRETY ON THE BACK OF THIS PAGE AND I FREELY VOLUNTEER EXECUTE THE SAME. I UNDERSTAND THAT I MAY BE WAIVING CERTAIN LEGAL RIGHTS BY EXECUTING THIS DOCUMENT AND I GRANT FULL PERMISSION TO BOYS & GIRLS CLUBS OF THE VIRGINIA PENINSULA AND ITS AGENTS AUTHORIZED BY THEM TO USE MY PHOTOGRAPHS, VIDEOTAPES, MOTION PICTURES, RECORDING, OR ANY OTHER RECORD OF THIS EVENT FOR ANY PURPOSE.

Signature: _____ Date: _____

Signature of parent or guardian if under 18: _____

**Please make checks payable to Boys & Girls Clubs of the VA Peninsula
 11825 Rock Landing Drive, Chesapeake Building, Suite B, Newport News, VA**





**BOYS & GIRLS CLUBS
OF THE VIRGINIA PENINSULA**



**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK
AND WAIVER OF LIABILITY**

I know that walking or running in a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads- all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge the City of Newport News, Boys & Girls Clubs of the Virginia Peninsula Foundation, Boys & Girls Clubs of the Virginia Peninsula, The Mariners' Museum, The Peninsula Track Club and Road Runners Club of America, Delta Dental of Virginia, Race Officials, Volunteers, and any and all sponsors- including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

All proceeds go to the Boys & Girls Clubs Delta Dental's Smart Smiles at the Dentist® Dental Program, providing youth with free dental care

About Boys & Girls Clubs of the Virginia Peninsula

Boys & Girls Clubs of the Virginia Peninsula serves over 5,000 youth annually in Newport News, Hampton, Williamsburg, Gloucester, Mathews, & York County. Our 15 Clubs serve youth, ages 6-18, with a mission "to inspire and enable all youth, especially those who need us most, to realize their full potential as productive, caring, and responsible citizens." The Clubs provide a safe, positive, and fun place for kids to go afterschool and in the summer; a place that they can call their own with life enhancing programming. Our programming focuses on five core areas:

Character & Leadership Development, Education & Career Development, Health & Life Skills, Sports, Fitness & Recreation, and The Arts www.bagclub.com www.facebook.com/bagcyp

What is Smart Smiles at the Dentist?

Poor oral health care for children doesn't just impact a nice smile. It impacts how children feel about themselves and can result in significant lost school time due to dental-related illnesses. Dental problems can lead to serious health issues such as diabetes, heart and lung disease, pre-term births and death.

Thankfully there is Smart Smiles at the Dentist. Smart Smiles is a partnership between Delta Dental and Boys & Girls Clubs of the Virginia Peninsula to provide free dental care to Boys & Girls Club members who do not have dental insurance or who qualify for Medicaid/FAMIS/Smiles for Children. In addition, Boys & Girls Club members receive dental health education. Since we started the Smart Smiles program almost 7 years ago, we have served over 700 Boys & Girls Club members and discovered over 2,000 cavities and other dental problems. Smart Smiles is successful because it removes the obstacles that prevent children from receiving the dental care they need. Youth who have remained in our program have shown significant improvement in their oral health, with a large decrease in dental problems.

Smart Smiles takes all of this away. The program coordinator schedules dental appointments, provides transportation from school, stays with the children in the waiting area, coordinates follow-up care, and keeps parents or caregivers well informed. In addition, Boys & Girls Club members learn how to properly care for their teeth.

*Noelle Mangus, Smart Smiles Coordinator
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