

7TH ANNUAL



IN-PERSON & VIRTUAL RACE

RACE REGISTRATION INFORMATION

Date: Saturday, October 28, 2022 at 8:00 a.m. Virtual race can be completed any time or place through 10/28
Location: Virginia Tillett Community Center, 950 Marshall C. Collins Drive, Manteo, NC 27948 -OR- Virtual (any location)
Course: 3.1 miles beginning in the Coastal Studies Institute (CSI) parking lot in Skyco, NC, continuing through trails and local residential roads and ending at the Virginia Tillett Community (VTCC) in Manteo, NC. No strollers, dogs or bicycles on course please. Traffic control. Water station.
Schedule: 7:00-7:45 a.m.: Check-in, race day packet pick up and late registration at CSI. 6:50-7:45 a.m.: Shuttle from the Virginia Tillett Community Center (parking & finish line) to Coastal Studies Institute (start line), no return trips to CSI after finish. It is recommended that participants park at the VTCC. 5K Race begins at 8:00 a.m. Fun Run begins at 9:00 a.m.

Entry Fees: \$40.00 if received by September 16, 2023. \$45.00 from September 16-26, 2022. \$50.00 if registering during packet pick up or on race day, October 27 & 28, 2023. \$15.00 for Virtual 5k without shirt, \$40.00 for Virtual 5k with shirt. \$15.00 for Fun Run without shirt, \$40.00 for Fun Run with shirt. Shirt availability is not guaranteed unless pre-registered by September 16, 2023. Shirts will be limited for registrations received after September 16, 2023. Shirts may not be available for Race Day registrations. Please pre-register to guarantee a shirt and/or medal. Shirts are long sleeve. YOU MUST PARTICIPATE IN THE RACE YOU SIGN UP FOR.

Awards: Awards to top three male & female 5K finishers. Best costume awarded for both 5k & fun run. Costumes will be judged as best overall, top 5 for the 5k and top 5 for the fun run. Please stay after each race to be eligible for judging. Prizes will be awarded to the above categories via donations of gift cards and/or cash.

Swag: 5k (in-person): Medal, Custom Socks, shirt, and extras in bag 5k (virtual): Medal (see shirt option below) Fun Run: Medal (see shirt option below)

Packet Pickup: Friday, October 27, 2023 from 4:00 p.m. to 6:00 p.m. at the Virginia Tillett Community Center.

Pre-Race Festivities: Prior to the 5K at the CSI start line, all runners will have the chance to enjoy great views at Coastal Studies Institute, fun photo opportunities, games, music and more!

Please keep this portion for reference. Questions? Contact Jackie Pikulski Frappier, Race Director, (252)475-9272 or jackie.pikulski@darenc.com

Please return this portion with registration fee to: Virginia Tillett Community Center, P.O. Box 1000, Manteo, NC 27954. If paying in person, please visit the Virginia Tillett Community Center: 950 Marshall C. Collins Drive, Manteo, NC 27954. Please make checks payable to: Virginia Tillett Community Center. Please visit https://runsignup.com/Race/NC/Manteo/DaretoScare5kSweetTreatFunRun for online registration. ***Before signing, please read the Participant Code of Conduct on the back of this form.

Name _____

Race (choose one): [] 5K [] 5K Virtual (NO SHIRT) [] 5K Virtual (SHIRT) [] Fun Run (NO SHIRT) [] Fun Run (SHIRT)

Address _____ City _____ Zip _____

Age on Race Day _____ DOB _____ Gender: [] Male [] Female Phone _____

Email Address _____

Shirt Size (*must be race that includes shirt): 1. CHOOSE ONE [] Youth OR [] Adult * Shirt & medal guaranteed for pre-registration only * 2. CHOOSE ONE [] Small (adult only) [] Medium [] Large [] XL [] XXL (adult only)

Emergency Contact: _____ Relationship: _____ Phone: _____

Allergies and/or Medical or Physical Condition: [] Yes [] No Please List: _____

*WAIVER I know that participating in the Virginia Tillett Community Center Dare to Scare 5K and Sweet Treat Fun Run is a potentially hazardous activity. By signing this agreement I affirm and acknowledge that the participant names above has been fully informed of any inherent hazards and risks associated with the activity in which the participant is about to engage or with the use of the Virginia Tillett Community Center; either consulted a physician, who has given the opinion that the participant's physical condition allows participation without likely adverse consequences, or the participant has elected not to contact a physician. I should not enter and participate in this activity unless I am physically and mentally able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the Virginia Tillett Community Center Dare to Scare 5K and Sweet Treat Fun Run, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act in my behalf to waive and release any and all claims based upon negligence, active or passive, with the exception of intentional, wanton, or willful misconduct that I may have in the future against all of the following herein referred to as releasees: Dare County, the Virginia Tillett Community Center, Dare County Parks & Recreation, GO FAR Inc., OBX GO FAR program, GO FAR coaches, race officials, volunteers, all municipal agencies whose property and/or personnel are used and all other sponsoring or co-sponsoring companies or individuals, their representatives and successors related to Dare County from all claims of liabilities of any kind arising out of my participation in this event, (even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver). I hereby release, indemnify, and hold harmless Dare County, its officers and directors, employees, representatives, agents, program coordinators, volunteers, promoters, sponsors, vehicles and equipment, any municipalities or other public entities, from and against any and all claims or causes of action that the participant or the participants estate, heirs, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise, with the exception of gross negligence. By executing this document I and the participant agree to hold the releasees harmless and indemnify them in conjunction with any injury or loss of life that may occur as a result of engaging in the activity including the training program and the subsequent 5K road and trail race. I grant permission to all of the foregoing to use any photographs, videos, recordings, interviews, writings or any other record of this event for any legitimate purpose may be used by the Virginia Tillett Community Center or media partner approved by the Virginia Tillett Community Center for informational, news, current events, publicity or any other purposes which are legal and approved by Dare County. I have been given a copy of the Virginia Tillett Community Center Code of Conduct; and, the participant understands and will abide by the Virginia Tillett Community Center Code of Conduct at all times. NOTE: IF PARTICIPANT IS UNDER AGE 18: this is to certify that I am the legal guardian of the participant, and the participant has my permission to participate in the Virginia Tillett Community Center Dare to Scare 5K and Sweet Treat Fun Run, is in good physical condition and that race officials have my permission to authorize emergency treatment if necessary.

Signature: _____ Date: _____

OFFICE USE ONLY: Amount Paid _____ Type of Payment CASH CHECK CREDIT Collected By _____

Virginia Tillett Community Center Participant Code of Conduct

The Virginia Tillett Community Center is committed to serving the residents of Dare of all ages. The staff hopes you find the Center to be a friendly place to visit where you can benefit from the variety of programs and outreach services offered. This Participant Code of Conduct is created to ensure a safe and enjoyable environment for all who utilize the center facilities.

PARTICIPANTS MUST EXHIBIT THE FOLLOWING CONDUCT

- Be considerate and treat others with kindness, courtesy, and respect.
- Be calm and patient and refrain from using abusive, obscene, threatening, harassing, insulting, or suggestive language.
- Not engage in (or threaten) physical violence.
- Support the staff in keeping the facilities clean by cleaning up after you have eaten and throw away all trash in proper receptacle.
- Be able to care for themselves while partaking in Center activities. Individuals needing assistance (memory impairment, incontinence, wheelchair bound, etc.) may conditionally participate in Center activities with the aid of a self provided care attendant.
- Refrain from lying down or sleeping on the furniture.
- Maintain personal cleanliness and good hygiene.
- Be properly clothed at all times: shirt/top, pants/skirt, shoes/sandals. If using fitness room must have proper athletic attire and shoes.
- Not possess, consume, be under the influence, or sale any alcoholic beverages and/or illegal drugs.
- Follow non smoking policies-use designated smoking area located on walkway adjacent to the pond and administration building.
- Not leave or store personal possessions at the Virginia Tillett Community Center.
- Properly utilize public restrooms and refrain from use for personal hygiene.
- Not solicit, canvass, or peddle upon Center premises and surrounding parking lots.
- Adhere to all posted rules and signs.
- Not possess weapons, firearms, explosives or other similar items while participating in programs/activities at the Virginia Tillett Community Center.

With the understanding that all participants utilizing the Center will be required to abide by the Center's rules, laws and processes, the Center Director or staff will use the following guidelines when addressing Code of Conduct violations:

Discipline Violations:

1. **FIRST OFFENSE**--Meet with participant to discuss conduct policy, inappropriate behavior and violation that occurred. Make a record of the incident. Advise the violator inappropriate behavior may result in suspension from all programs and activities at the Virginia Tillett Community Center and/or Center offsite programs and activities.
2. **SECOND OFFENSE**--- Meet with participant to discuss violation. Add this incident to participant record. At the Director's discretion participant could be suspended for 1 week from all programs and activities at the Virginia Tillett Community Center and/or Center offsite programs and activities.
3. **THIRD OFFENSE**--- Meet with participant. Give written notice to participant informing them of 1 month suspension from all programs and activities at the Virginia Tillett Community Center and/or Center offsite programs and activities. Participant must make appointment with VTCC Advisory Board to be interviewed prior to being allowed reentry to the Center.
4. **INCIDENTS OF IMMINENT DANGER**--- Handle imminent danger to persons or property as a police matter. When appropriate call 8-911 to protect the safety of participants and staff at the Center. Participant indefinitely suspended from all programs and activities at the Virginia Tillett Community Center and/or Center offsite programs and activities. Term of suspension will be determined by Center Director, Public Services Director or designated department staff representatives.

The Virginia Tillett Community Center reserves the right to remove patrons from facilities, programs and services via suspension periods for any offense (first, second, third, etc.) determined by the Center Director, Public Services Director or designated department staff representatives.

Thank you for making the Virginia Tillett Community Center safe and enjoyable!