



10th annual  
**Run For The Birds**  
 5K Run, 10K Run, 5K Fun Walk  
**& New This Year**  
**1 Mile Run For The Little Birds**

Saturday, October 6, 2007  
 Kiptopeke State Park

Join us for a run or walk on trails in this beautiful coastal state park.  
 Registration at 8:30 a.m. – Little Bird Run begins at 9 a.m. - Race begins at 9:30 a.m. (Rain or Shine)  
 Registration in advance by September 28 - \$15 – Day of Race - \$20

- 1 Mile Run for the Little Birds:** 12 & Younger - Finisher Medals for Participants
- 5K & 10K Run Awards:** Male - Female - 1st Overall,  
 1st & 2nd: 19 under, 20-29, 30-39, 40-49, 50-59, 60+
- 5K Fun Walk Awards:** Male - Female - 1st & 2nd Overall

**Gold Sponsors:**  
**PNC Bank**  
**Bayshore Concrete Products**  
**Wendy's - Exmore & Onley**  
**Bay Creek Resort & Club**



This event is coordinated with the **15th annual Eastern Shore Birding & Wildlife Festival**.  
 For questions, call race committee chairmen  
 Paul Berge at (757) 787-2936 • toll free (866) 787-3001 • pberge@a-npdc.org  
 or John Chandler at (757) 331-2960 • jchandler@cbbt.com • or visit www.esvachamber.org

Mail registration and fee to **Run For The Birds, c/o ESVCOG, P.O. Box 460, Melfa, VA 23410**

**10th annual Run For The Birds**

Registration: 5K Run \_\_\_\_\_ 10K Run \_\_\_\_\_ 5K Fun Walk \_\_\_\_\_

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

The following waiver must be signed:

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the Run For The Birds for injury or illness that may result from my participation. I further state that I am in proper physical condition to participate.

Signature \_\_\_\_\_ (Parent/Guardian if under 18) Phone \_\_\_\_\_

Date \_\_\_\_\_ Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Email (optional) \_\_\_\_\_

**\*Kids register free for Run for the Little Birds on the day of the race.**