



January 1, 2009 Mount Trashmore Virginia Beach

Start times: 5K 10:00 AM Kids 1 Mile 11:00 AM

H A I R O F T H E D O G 5 K

The origin of the phrase is unclear, but instances of the phrase have appeared in English literature since the time of Shakespeare. E. Cobham Brewer writes in the Dictionary of Phrase and Fable (1898): "In Scotland it is a popular belief that a few hairs of the dog that bit you applied to the wound will prevent evil consequences. Applied to drinks, it means, if overnight you have indulged too freely, take a glass of the same wine next morning to soothe the nerves. 'If this dog do you bite, soon as out of your bed, take a hair of the tail in the morning.'"

Join us in the 3rd year of the HOTT 5K; a fun, festive way to ring in the New Year in a healthy way!

Fees: 5K \$20 by 12/15/08, \$25 thereafter; Kids 1 Mile (12 and under) \$5

Categories: 5K Run, 5K Walk, Formalwear Division, Weight Division, 1 Mile Kids Run!

Course Description: The race will be held entirely on the paved running trails within Mount Trashmore Park. The NEW route will make one smaller loop around the Mount Trashmore hills and long loop around the lake. The course will be flat and fast and this year the course will all be on paved walkways around the park.

Formalwear Division: Compete in your formalwear (or pajamas whichever is applicable) from the night before and vie for overall male and female awards in this division. It looks best if you appear to have slept in them.

Weight Division: This is unlike the typical Athena/Clydesdale divisions. Report your weight below and your time will be calculated based on seconds per pound. Everyone at every weight has a chance to win in this division. Overall male and female winners in this category will be awarded prizes, and you will still be eligible for age group and overall awards.

Packet Pick up/Registration: Thursday, January 1, 2009, 8:00am-9:45am located at the Mount Trashmore Clubhouse.

Parking: Parking is available in designated areas only around Mount Trashmore.

This is a [KaleRunning.com](http://www.kalerunning.com) event. Visit the website at www.hairofthedog.kalerunning.com, or e-mail us at team@kalerunning.com or Ann Hupp 373-4174/RP Kale 404-4657. No processing fee online registration is also available at www.active.com

5K Awards: Top three Overall Male & Female in the 5K Run, 5K Walk, Formalwear Run, Weight Division, Middle of the pack Male & Female and Back of the pack Male & Female. Top three Male & Female in each age group for the 5k Run 12 and under, 13-15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and Over. Fun prizes for kids.

Event: 5K Run _____ 5K Walk _____ Formalwear _____ Kids 1 Mile (12 and under) _____

T-shirt size: S__ M__ L__ XL__ (please check one) **Weight** (for weight challenge) _____ lbs

Name (First, MI, Last) _____

Street Address _____

City _____ State _____ Zip _____ Personal Chip ID # _____

Age _____ Birth Date _____ Sex: M__ F__ email _____
(Please print clearly for email confirmation and Individual results email)

Emailed Confirmations will be sent Monday December 29th via email

Total enclosed \$ _____

Please make check payable to Kale Enterprises, 1211 Buckingham Ave., Norfolk, VA 23508

I understand that running a road race is a potentially dangerous 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 run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of the weather including heat and humidity, traffic and the condition of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Kale Enterprises, Inc. DBA KaleRunning.com, the City of Virginia Beach, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is a road race conducted under the rules of the USTAF, is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

(NO REFUNDS, EXCHANGES OR TRANSFERS. INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.)

Signature _____

Date _____