

The 4th Annual Giles County
5K Run/2 mile Walk
Saturday, August 21, 2010

Race starts at 8:00 a.m.

Fun Run starts immediately following completion of 5K Run

5K Run/2 mi walk Entrance Fee: \$15.00 in advance \$20.00 day of race

Fun Run – Free Fee for Family Cap: \$36.00 (2 adults/2 children U18)

Registration: 7:00 a.m.-7:45 a.m. race day – **PRE-REGISTRATION IS ENCOURAGED**

Awards: TOP MALE & FEMALE OVERALL FINISHERS RECEIVE CASH AWARDS

TOP MALE & FEMALE MASTERS (40&OVER) RECEIVE CASH AWARDS

1st, 2nd and 3rd place in each age group receive award

FAMILY AWARD - lowest total overall time (top 3 immediate family members)

Points awarded for the S.W.V.R.R. Summer Series

Age Groups: Fun Run – 10 and under

5K Run – male/female categories - 13 and under, 14-17, 18-22, 23-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60 and over

Directions from Blacksburg – continue on 460 West, 28 miles to Narrows. At the stop light, make a right and continue across the New River Bridge. Continue through town and park in field across from Duck Pond. Follow signs to Ragsdale Field.

Directions from Princeton: Take 460 East for 19 miles to Narrows. At the stop light, make a left and follow above directions across the New River Bridge.

100% of all proceeds go benefit the Giles County Wellness Center and community programming.

Registration Form – Liability Waiver

Name: _____ Age on Race Day: _____

Female Male 5KRun 2 mi. Walk Fun Run

Shirt Size for 5K/2mi Walk YS YM S M L XL 2XL 3XL

Release: I waive any and all liability claims for myself, my heirs, and executors against the Giles County 5k,, the Town of Narrows, the County of Giles and the sponsors and organizers of this race for any illness or injury which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I understand that this race will be conducted all or in part on public streets where vehicular traffic, surface irregularities such as potholes, uneven pavement or other conditions may pose a risk of injury to participants. I consent to the use of my name or photograph in connection with publicity concerning this race.

Signature: _____ Date: _____

Parent or Guardian Signature if under 18: _____

Address: _____

Email: _____ Phone # _____

Mail or Drop Entry Form and Fee To: Giles County Wellness Center, 140 Clendennin Rd, Narrows, VA 24124
Attn: Helen Gillespie **Register online:** www.gilescounty.org email; wellnesscenter@gilescounty.org