



ROCKFISH RIVER ELEMENTARY SCHOOL

# EARTH DAY

## 5K AND FAMILY FUN RUN

**SATURDAY APRIL 22, 2017**

REGISTRATION: 7:30AM | 5K RACE: 8:30AM | FUN RUN: 9:30AM

### HOW TO REGISTER

Pre-registration entry forms must be postmarked by **April 1**. Pre-registration includes commemorative t-shirt. Race day registration is from 7:30-8am.

### ENTRY FEES

**5K Run/Walk (8 years and up) ::** Pre-registered \$15, Race Day \$20

**1 Mile Fun Run/Walk (open to all ages) ::** Pre-registered \$10, Race Day \$15

#### Family Discount Rates (pre-register only)

##### 5K Race (includes race t-shirts for all)

\$40 for a family of up to 4

\$5 for each additional family member

##### 1 Mile Fun Run

\$25 for a family of up to 4

\$5 for each additional family member

### T-SHIRTS

All pre-paid registrants with forms postmarked by **April 1** will receive a race day t-shirt.

### COURSE DESCRIPTIONS

**5K Run/Walk ::** The 5K Race will start and finish at Rockfish River Elementary School, with parking and bathrooms available. This scenic out-and-back course begins at the school, heads down the drive, and turns right up Chapel Hollow Road. The course slopes gradually up towards the Blue Ridge for the first 1.5 miles, and then back down from there until the final push back up the school drive! This course can be described as moderate.

**1 Mile Fun Run ::** The Fun Run will take place on the 47 acres of the Elementary School Campus entirely off-road to ensure safety for the youngest children to participate. This will be a cross county run on uneven ground so runners should wear appropriate shoes and be aware of the uneven surface.

### PRE-REGISTRATION FORM

Name: \_\_\_\_\_

Circle Event:            5K Run/Walk            1 Mile Fun Run/Walk

Age: \_\_\_\_\_ T-Shirt Size: Youth    Adult    S    M    L    XL

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip \_\_\_\_\_

Signature (if under 18-parent/guardian) \_\_\_\_\_ Date \_\_\_\_\_

### WAIVER

Nelson County 5K & 1 Mile Fun Run: I agree that if I participate in this physical activity, program and/or related event, I do so at my own risk. I agree that I am voluntarily participating in the event and using event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result from entering this event. I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the Nelson County 5K & 1 Mile Fun Run. I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release all event sponsors, charities, volunteers, race officials and the Rockfish River Elementary School and PTO. The signing of this release and waiver extends to all claims seen and unforeseen against any party associated with this event.

Signature (if under 18-parent/guardian) \_\_\_\_\_ Date \_\_\_\_\_

Please make checks payable to: RRES-5K  
Mail form to: RRES-5K, 200 Chapel Hollow Road, Afton, VA 22920

**FOR MORE INFORMATION:  
CONTACT, PTOEAGLES@GMAIL.COM**