

# VALIANT 5K VALWOOD SCHOOL MAY 11TH, 2019

Join us for the Valiant 5K or 1-mile fun run! (Both will be cross-country.)

What better way to support Valwood School while having fun with your friends and family, and staying healthy!

Pre-registration is now open and all those who register before May 1st will receive a race day t-shirt.

Registration price will change on May 2nd and t-shirt will be available, but not guaranteed in the requested size.

For questions or for more information about the race,  
visit [www.runningintheusa.com](http://www.runningintheusa.com) or email [aburnett@valwood.org](mailto:aburnett@valwood.org)

## **REGISTRATION & ENTRY FEES**

### **Pre-registration fee:**

\$20 - adult

\$15 - child (12 & under)

Family/Team - \$55 (max 5 members)

\$20 – Ghost Runner

### **After May 1, 2019**

\$25 - adult

\$20 - child (12 & under)

Family/Team - \$65 (max 5 members)

\$25 – Ghost Runner

*\* Ghost runner is a donation; pre-registered participants will receive a t-shirt.*

### **Pre-Registration:** 3 easy ways to register now!

- Register online at [www.runningintheusa.com](http://www.runningintheusa.com)
- Pick up/drop off entries at Valwood School, 4380 US Hwy 41N, Hahira, GA 31632
- Mail entries to A Course Line, Attn: Valiant 5K 2403 Fieldcrest Dr, Valdosta, GA 31602

**Day of Race Registration:** 7:00-7:45am for 5K, 8:00-8:30am for Fun Run. Crane Hall, Valwood School, 4380 US Hwy 41N, Hahira, GA 31632

**Early Race Bib Pick-up:** Pre-registered runners can pick up bibs and t-shirts at Crane Hall, Valwood School from 8-4pm on Friday May 10, 2019. Bibs and t-shirts can also be picked up on race day at Crane Hall, Valwood School Saturday May 11, 2019 from 7-7:45am for 5K, and 8:00-8:30 am for Fun Run.

## **RACE INFORMATION**

**5K – 8:00am start:** The 5K is a cross country course, beginning in front of Valwood school, and is two laps around the beautiful wooded groves surrounding Valwood campus.

**1 Mile Fun Run – 9:00am start:** The 1-mile fun run is a cross country course, beginning in front of Valwood school, out and back through the wooded groves surrounding Valwood campus. *(Arrive early, as the Fun Run will begin immediately upon completion of the 5K)*

**Awards:** Awards will be given to the overall male & female finisher, as well as the male & female first place winners in each age category for the 5K race. All children finishing the fun run will receive a participation medal.

**Orange / Blue Valwood Competition:** Each Valwood student participating in the 5K or Fun Run will earn a point for the Orange or Blue house.

*Fill out Registrant Information and Sign Waiver on opposite side*

Don't forget....you can also register online at [www.runningintheusa.com](http://www.runningintheusa.com)

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Participant Name	Age on May 11, 2019	Gender		Event			FEES Until 5/2: Adult \$20, Child \$15, Family/Team \$55 After 5/2: Adult \$25, Child \$20, Family/Team \$65
		M	F	5K	1 mi	Ghost	
#1							
#2							
#3							
#4							
#5							
<b>TOTAL</b>							

(Checks can be made payable to Valwood VPA memo: Valiant 5K)

T-SHIRT Sizes	YOUTH			ADULT				
	Small	Medium	Large	Small	Medium	Large	XL	XXL
#1								
#2								
#3								
#4								
#5								
<b>TOTAL</b>								

### Release and Hold Harmless Waiver

I acknowledge the dangerous nature of all running activities; the risk of injury or harm associated therewith and assume all risks attendant to participating in the **Valwood School Valiant 5K and Fun Run**. Specifically, I understand and acknowledge that the course over which the **Valiant 5K and Fun Run** will be run is a **cross country course**, that the terrain is potentially dangerous to run on, and that there is a risk of injury in and from participating in the Valiant 5K and Fun Run. I assume all risks associated with participation in the Valiant 5K and Fun Run ("the event"). For and in consideration of participating in the event and any related activities at Valwood School and on the property of Valwood and others on which the event takes place, I for myself and my minor children and any other minors in my charge, release and hold harmless Independent Scholarship, Inc. Valwood School, all volunteers, sponsors and officials of the event, and all owners or occupiers of any property on which the event takes place from any and all claims of every kind and nature against any and all persons or parties in any way associated with the event arising out of my participation in the event and/or the participation of my minor children or other minors in my charge in said event.

Printed Name of Participant(s)

Signature of Adult Participant(s) and on behalf of minor children

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