



SHENANDOAH RUN FOR GOLD 5K AND KIDS MILE



Saturday March 19, 2016

Newtown Commons
Stephens City, Virginia

<p>Ages 13+ 5k race 9:00 a.m. *\$20 early registration/\$25 registration fee</p> <p>Race day registration begins at 7:30 a.m. at the Newtown Commons</p>	<p>Ages 4-12 1-mile run 10:30a.m. *\$10 early registration/\$15 registration fee</p> <p>Race day registration b/w 8:00-10:00a.m. at the Newtown Commons</p>
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Awards presented for overall and top two males and females in each age category**

Questions? Contact Mandee Wheelock via E-mail: summerquest@svca.net

Course: Road course through Stephens City beginning and ending at the Newtown Commons, includes some hills.

Shenandoah Run for Gold 5k and Kids 1-mile Registration Form

Name (PRINT): _____ Gender: _____

**Age Category (1-mile): _____age 4-6 _____age 7-9 _____age 10-12

**Age Category (5k): _____age 13-18 _____age 19-22 _____age 23-29 _____age 30-39 _____age 40-49 _____50-59 _____60+

Address: _____ City _____ State _____ Zip _____

T-shirt (circle) Kids (S) (M) (L) Adult (S) (M) (L) (XL)

Phone: _____ E-mail _____

Check amount enclosed: _____\$20 Shenandoah Run for Gold 5k early registration fee (by March 5th)*
 _____\$25 5k registration fee (after March 5th)*
 _____\$10 kids 1-mile early registration (by March 5th)*
 _____\$15 kids 1-mile registration fee (after March 5th)*

WAIVER AND RELEASE: I know running is a potentially hazardous activity. I understand that I/my child should not participate unless medically able. I assume all risks associated with involvement in this race, including but not limited to falls, contact with participants, the effects of weather, the condition of the course and/or road, and traffic on the course, these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of me/my child being accepted into this race, I, for myself/my child waive and release the Shenandoah Valley Christian Academy/ Shenandoah Valley Baptist Church, all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this race. I also release any and all photos that may involve me/my child.

Signature Required: _____ Date: _____

Parent Signature(required if runner is under 18) _____ Date: _____

Return completed Registration to SVCA Attention: Dustin Wheelock PO Box 1360 Stephens City, VA 22655