



SPRING FEVER 5K

SUNDAY, APRIL 29, 2018
9:00 AM

Sponsorship Partners

- Performance Sport & Spine
- RunningDad.com
- Marisa Varley, ERA OakCrest Realtor
- April Adams, Energetic & Spiritual Healing
- Valley Health Wellness & Fitness Center
- Team RWB

- 5k Trail Race at Sky Meadows State Park, Paris VA
- \$35 paper registration / \$30 online includes park admission
- \$1 Discount for SVR Club Members & Team RWB Members
- Race shirts guaranteed for registrants before April 15th
- Race day registration begins at 8:00am at Sky Meadows State Park – Turner Pond
- Award ceremony after the race at approximately 10:00am
- Prizes for top 3 overall and age group male and female runners
- Age groups: Under 14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

The Spring Fever 5k trail race is a beautiful and challenging event! The course starts and finishes at Turner Pond in Sky Meadows State Park. The entire course is within the park and includes wide hiking and horse trails with grass, dirt, roots, rocks, bridges, and some beautiful views! This race is great for the experienced trail runner, for road runners who are curious about trying trails and even for new runners and walkers who want to experience the camaraderie and sheer joy that comes with trail running.

After the race join us for music, an awesome recovery tent provided by Performance Sport & Spine, and an abundance of post-race food. Then stick around for awards for the top 3 finishers overall and for each 10-year age group. We will also have some great random prizes! Registration includes park admission for the entire day, so hang out and have some spring fun!

For more information visit our website www.rootsandrocksadventures.com or our Facebook page @rootsandrocks, or Contact Us at rootsandrocksadventures@gmail.com or 540-550-3597.

To pre-register visit www.rootsandrocksadventures.com or mail this form and check to: Roots and Rocks Adventures, 61 Koy Court, Strasburg VA 22657

RACE ENTRY FORM – SPRING FEVER 5K TRAIL RACE 2018

NAME:		PHONE NUMBER:	
AGE ON 4/29/2018:	BIRTH DATE:	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE
ADDRESS:			
CITY/STATE/ZIP:			
EMAIL:			
T-SHIRT SIZE: <input type="checkbox"/> UNISEX SM <input type="checkbox"/> UNISEX MED <input type="checkbox"/> UNISEX LG <input type="checkbox"/> UNISEX XL <input type="checkbox"/> UNISEX XXL <input type="checkbox"/> LADIES SM <input type="checkbox"/> LADIES MED <input type="checkbox"/> LADIES LG <input type="checkbox"/> LADIES XL			

Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and participate unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 Roots and Rocks Adventures, LLC and their representatives, Mackintosh Fruit Farm, the town of Berryville VA, the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. I attest that I have read the rules of the race and agree to abide by them. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature (Parent if under 18): _____