

Fit Farmer 12K Trail Run

Saturday, May 18, 2019

9 a.m.

Flag Rock Area Trails

Norton, Va.

The second annual Fit Farmer 12K Trail Run will be held at 9 a.m. on May 18, 2019 on the Flag Rock Area Trails system. Proceeds benefit the Norton Friends and Farmers Market's Senior Supplement Nutrition Program, which provides incentives that allow low-income senior citizens to purchase fresh fruits and vegetables at the farmers market. **Runners that register by April 30, 2019 are guaranteed a short-sleeve shirt.** See www.fitfarmertrailrun.wordpress.com or www.facebook.com/fitfarmertrailrun for more details.

Registration fees are as follows: Dec. 1-Jan. 31: \$25; Feb. 1-March 31: \$30; April 1-May 18: \$35. Race day registration will be held from 7:30-8:45 a.m.

Make checks payable to: Norton Friends and Farmers Market

Mail This Form To: Fit Farmer 12K Trail Run, City of Norton, C/O Katie Dunn, P.O. Box 618, Norton, VA 24273.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact: • Katie Dunn, katied@nortonva.org or (276) 679-1160 • Michele Knox, michelek@nortonva.org or (276) 679-0754	• Male and Female: Top Three Overall • Male/Female Masters • Finisher Medals for everyone who completes course

LAST NAME _____ FIRST NAME _____ M.I. ____ SEX ____

DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____ EMAIL _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

***** CIRCLE SHIRT SIZE: SM, MD, LG, XL, XXL**

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE _____ DATE ____/____/____ (Parent signature if under the age of 18)