



Inaugural
The Great Richlands Road Race 5K Run/Walk
Richlands Police Department, Richlands, VA

6/15/2019
8:00 am - 5K Run/Walk Begins
Awards Ceremony and Pancake Breakfast
to follow at Richlands Section House

Sponsors:



***All proceeds benefit Richlands Parks & Recreation - Youth Programs**

Headphones are permitted on the course | Strollers are permitted on the course

National Certified Course | Special finisher's medal | Rain or Shine Event

Pre-registration: \$25 - Bring this form and registration fee to the Richlands Recreation Park **by June 1**

(ends June 1, 2019) *Only pre-registered runners are guaranteed a shirt!

Regular Registration: \$30 - Please register at the Richlands Recreation Park or on Race Day at the (after June 1, 2019) registration table under the Farmer's Market Shelter

Male & Female Awards: (Pending Participation)

Top Overall Top GrandMasters

Top Masters Top Sen.GrMasters

For more information contact:

Jessica Reynolds

Email: jereynolds22@gmail.com

Age Groups (top 3)

...14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60...

The Great Richlands Road Race 5K Run/Walk

LAST NAME _____ FIRST NAME _____ M.I. _____

SEX ___ DATE OF BIRTH ___/___/___ AGE ON RACE DAY ___ E-MAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE (____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

*** CIRCLE SHIRT SIZE: **ADULT:** SM, MD, LG, XL, XXL or **YOUTH:** SM, MD, LG, XL

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.

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