



About the Event

What better way to celebrate spring than by spending time outside enjoying nature and helping to raise money for a great cause?

The Rockfish River PTO will host this second annual event to celebrate the beauty of Nelson County, develop some fun, healthy competition between schools and raise money for our PTO and Playground funds.

FREE Health Fair - Don't miss this fantastic event for the whole family. Starting at 9am race day, the RRES annual Health Fair will kick off with lots of prizes, healthy foods, free health screenings and fun games for families to play. All activities are centered around ideas for a healthy FUN lifestyle. Bring all the kids and support the runners in your family or simply join us for the fair.

Why this Race Matters?

Nelson County kids and families need a safe, fun public playground!

This race will encourage healthy activities, community spirit and raise money to support our PTO multi-year plan to build and maintain a fantastic public playground on the elementary school campus. Please give generously

to support our efforts and help make this the best community event of the spring!



How to Register

Pre-registration entry form must be postmarked by March 25, 2011. Pre-registration includes commemorative t-shirt. Race day registration is from 6:45 am to 8 am.

5K Run/Walk (8 years and up)
*Pre-registered, \$15 (Race Day \$20)

1 mile Fun Run/Walk (Open to all ages)
Pre-registered \$10 (Race Day \$15)

Family Discount Rates (pre-register only)

5K Race (includes race t-shirts for all)
\$40 for a family of up to 4,
\$5 each additional family member

1 Mile Fun Run
\$25 for a family of up to 4,
\$5 each additional family member

Mail Forms to:

RRES Fun Run
200 Chapel Hollow Rd.
Afton, VA 22920

Registration fee covers race entry, complimentary entry into the RRES Health Fair, and a commemorative t-shirt for all pre-registered runners.

Recruit additional sponsors to support the playground, earn prizes, and compete for the top fundraiser prize!! See back for list of prizes. Fundraising pledges must be turned in the day of the race.

The RRES PTO operates under the RRES not-for-profit umbrella and all donations to this cause are tax deductible! Please make checks out to RRES Fun Run.

Questions or to Volunteer

Contact us at PTOeagles@gmail.com
or call 434-361-1791

ENTRY FORM

Name: _____

Phone: _____

Contact email for person over 18 years of age:

School/Grade if applicable:

Gender: M__ F__ Age: ____ 5K or 1Mile

T-Shirt Size: Adult S M L XL
Child S M L

5K Pre-Registration: _____

1 Mile Pre-Registration: _____

Family Registration Total: _____

Name: _____

School/Grade if applicable:

Gender: M__ F__ Age: ____ 5K or 1mile

T-Shirt Size: Adult S M L XL
Child S M L

Name: _____

School/Grade if applicable:

Gender: M__ F__ Age: ____ 5K or 1mile

T-Shirt Size: Adult S M L XL
Child S M L

Name: _____

School/Grade if applicable:

Gender: M__ F__ Age: ____ 5K or 1mile

T-Shirt Size: Adult S M L XL
Child S M L

Course Description

The 5K Run/Walk

The 5K Race will start and finish at Rockfish River Elementary School, with ample parking and bathrooms available. This scenic out-and-back course begins at the school, heads down the drive, and turns right up Chapel Hollow Road. The course slopes gradually up towards the Blue Ridge for the first 1.5 miles, and then back down from there until the final push back up the school drive! This course can be described as moderate.

The 1 Mile Fun Run

The Fun Run will take place on the 47 acres of the Elementary School Campus entirely off-road to ensure safety for the youngest children to participate. This will be a cross country run on uneven ground so runners should wear appropriate shoes and be aware of the uneven surface.

WAIVER

Nelson County 5K & 1 Mile Fun Run: I agree that if I participate in this physical activity, program and/or related event, I do so at my own risk. I agree that I am voluntarily participating in the event and using event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result from entering this event. I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the Nelson County 5K & 1 Mile Fun Run. I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release all event sponsors, charities, volunteers, race officials and the Rockfish River Elementary School and PTO. The signing of this release and waiver extends to all claims seen and unforeseen against any party associated with this event.

Signature _____

Signature of parent if runner is under 18

Date _____



Prizes

- Top 3 male runners overall
- Top 3 female runners overall
- Top runner in each age category
- Fastest student in each grade

Fundraising

- Top 3 single person fundraisers
- Top 3 fundraising pairs

This year we are excited to announce that Crutchfield is giving away 2 8GB iPod Nanos. One for the top individual fundraiser and one for the top fundraising pair! Second place will receive 2 Massanutten Waterpark passes. EVERYONE who turns in \$50 wins an aluminum water bottle!

Nelson County Cup

This will be an annual challenge between the four schools of Nelson County to get the most participants running in any category of the race. The winner will have the honor of displaying the Cup until the next year's race!

T-Shirts

All pre-paid registrants with forms turned in by March 25th will receive a race day T-Shirt.

Directions

Start/Finish at Rockfish River Elementary School
200 Chapel Hollow Road, Afton, VA 22920

From Lynchburg:

- Take US-29 N for 25 miles
- Left at State Route 6 for 5.8 miles
- Right at VA-151N for 1.7 miles
- Left onto Chapel Hollow Road

From Charlottesville:

- I-64W
- Take Exit 107 for US-250 toward Crozet
- Left onto US-250 W for 4.8 miles
- Take Left onto VA-151S for 7 miles



Second Annual

5K Race and 1 mile Fun Run!



To Benefit

Rockfish River Elementary School

Race starts and finishes at
Rockfish River Elementary School
in the beautiful Blue Ridge Mountains

Saturday, April 9, 2011



5K Race at 8:30am
1 mile Fun Run at 9:30am

Registration is from 6:45am to 8am