

The 5th annual **Rockingham Pike 5 Miler**

**Presented by the "Old Fat Guy" and the SHENANDOAH VALLEY TRACK Club
Sat. September 10th 2011 9:00a.m**

12572 Rockingham Pike Just west of Elkton, VA on Rt.981

Registration 800-8:45a.m

**Make checks payable to Jeff Campbell or the Shenandoah Valley Track club.
Send to: Jeff Campbell 12572 Rockingham Pike Elkton, Va 22827.**

Entry fees: \$2:00 SVTC members \$5:00 non member.

Race is an out-n-back over "gently rolling hills". The course is open to traffic.

Awards to the top male and female finisher and final finisher.

Additional prizes may be awarded.

Refreshments provided "pot luck" donations appreciated!

Wear a costume and receive 1 minute off your time .

Volunteers are always welcome....Volunteer and get free entry into a future event!

Additional info at: jc28sixx@yahoo.com or jcrockandrun28@aol.com

or phone 540-289-6863.

Track Club RELEASE FORM - 2011

**PLEASE READ BEFORE SIGNING. IT MUST BE SIGNED BY PARTICIPANT
PARENT or GUARDIAN must sign if under 18**

I know that participation in a track meet or road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by meet/race rules and any decision of a meet or race official relative to my ability to safely complete an event.

I assume all risks associated with my participation in a track meet or road race including, but not limited to, falls, contact with other participants, and conditions of the track facility or road.

In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shenandoah Valley Track Club their officers, Eastern Mennonite University, the City of Harrisonburg, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in a Shenandoah Valley Track Club meet, fun run, or road race.

I have read this release/waiver and understand it. I understand that insurance is required, and that details must be provided below in order for me to participate in long jump, high jump, shot put and/or field events.

Name _____ age _____

Signature _____ Date _____

E-mail _____

Under age 18 participants- Signature of parent or guardian _____

Complete home Address _____

City _____ State _____ Zip _____

Phone _____