

Waiver: In consideration of your accepting this entry, I the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Winchester, County of Frederick, Shenandoah Apple Blossom Festival®, all race officials, their representatives, successors, and assigns for any injury I may receive as a result of participating in the event. I attest that I am physically fit and trained to complete this event. My condition has been recently verified by a physician. I also release any and all photos that may involve myself.

ONE ENTRY PER FORM • COPIES PERMITTED

Parent Signature Required \_\_\_\_\_ (required if runner is under 18)

Signature Required \_\_\_\_\_

D.O.B.  /  /  Phone  -  -

City  State  Zip

Address

First Name

Last Name

Age as of  /  /  Sex: M/F

Chip Owner's No.

Mail form and check (payable to) Shenandoah Apple Blossom Festival®, 135 N. Cameron Street, Winchester, VA 22601 www.thebloom.com

## 2012 Apple Blossom Valley Health 10K



### 10K RACE FORM

**31st Running**

**ValleyHealth**

**10K**

**MAY 5th 2012**

**WINCHESTER VIRGINIA**

**THE RACE**

**Race Time: 8:30 a.m.**

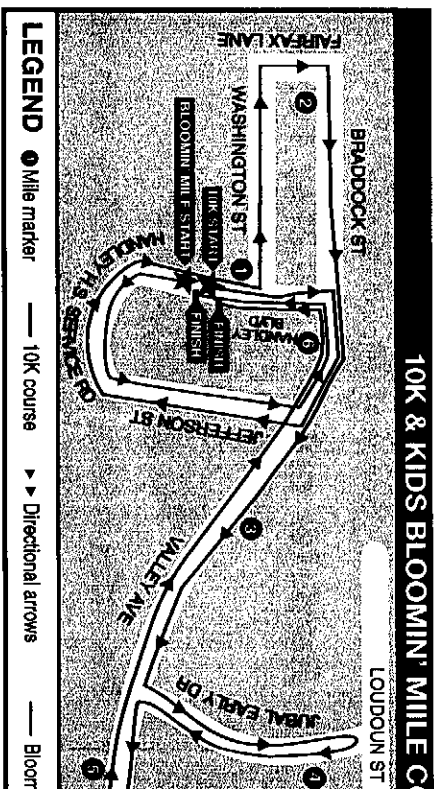
**Early Registration: \$25 by April 27.**

**Late Registration: \$30.**

Preregistration available at Kids Bloomin' Mile, May 4, 2:00pm - 3:45pm, (no race packets will be given at this time)

• Meticulously organized race. Join us for the best 10K of fun you'll have this spring.

- CHIP TIMING Both events will be scored by Runner's High using the ChampionChip Timing System. On race day, runners will be issued a computer chip. The timing chip must be attached to the shoe lace throughout the race. NO CHIP, NO TIME.
- No award duplication; awards non-transferable.
- 1 hour 30 minute time limit
- Spills will be provided at 1 mile, 3.1 mile (5K), 5 mile. Aid stations will be provided frequently.
- GREAT COURSE. Outstanding Apple Blossom Festival to enjoy.
- No bicycles, roller blades, scooters, skate boards, headphones, strollers or animals on leashes allowed on race course.



- SATURDAY MAY 5, 2012
- \$8300 IN CASH PRIZES
- OVERALL & AGE GROUP AWARDS
- THOUSANDS OF SPECTATORS
- EAST COAST'S BIGGEST & BEST PARADE FOLLOWS
- WINNERS RIDE IN THE GRAND FEATURE PARADE

**AGE AWARD CATEGORIES**

MALE	FEMALE
1-4-under	1-4-under
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-over	75-over

**Finish line and race results:**  
The Runner's High  
Grove City, PA

**T-Shirts:**  
Signet Screen Printing  
Winchester

**Printing:**  
Miscarver Communications  
Winchester

**Shenandoah Valley Orthodontics**

**Kids Bloomin' Mile**

**MAY 4th 2012**

**WINCHESTER VIRGINIA**

- FRIDAY May 4, 2012
- CERTIFIED RACE COURSE FOR AGES 6-14
- PARTICIPATION AWARDS FOR ALL FINISHERS
- T-SHIRTS FOR ALL
- AGE GROUP AWARDS
- AGE GROUP WINNERS WILL RIDE IN GRAND FEATURE PARADE

**Race Time:** 4:00 p.m.

**Early Registration:** \$13 by April 27th.

**Late Registration:** \$15.

**Race Day Registration and Packet Pickup** begins at 2:00 p.m. and closes at 3:45

**Location:** North Side of Handley Bowl

**Course:** Covers first mile of 10K.

**CHIP TIMING:** See "The Race" left for details.

**AGE AWARD CATEGORIES**

MALE	FEMALE
6-7	6-7
8-9	8-9
10-11	10-11
12-14	12-14

U.S.A. Track and Field Certification #VA-10070-RT

Kids: #VA-10071-RT

Advisors: Shenandoah Valley Runners

### KIDS BLOOMIN' MILE FORM

#### 2012 Shenandoah Valley Orthodontics Kids Bloomin' Mile

Mail form and check (payable to) Shenandoah Apple Blossom Festival®, 135 N. Cameron Street, Winchester, VA 22601 www.thebloom.com

(Please Print ONE Character per box)

First Name

Last Name

Address

City

D.O.B.  /  /  Phone  -  -

School Attending: \_\_\_\_\_

Parent Signature Required \_\_\_\_\_

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These materials and the activity described herein are not sponsored or endorsed by the school board.