

“Boutique-Style” Certified 5K Field of 100 on Fast & Flat Course

SVTC ENDORSED & TIMED

GRAND CAVERNS



SIGNATURE 5K RACE SERIES

Friday, Sept. 29th

5K starts @ 6:00 PM

1 Mile Fun Run begins at 6:05 PM

Join us for the 12th running of our race series at the historic Grand Caverns Park in Grottoes. The 5K race series offers a “Virginia” flat and fast course in & around the park. This is a **CERTIFIED 5K** race!

All proceeds will be used to purchase a new children’s outdoor playground at the Grand Caverns Park for public use.

REGISTRATION INFORMATION:

5K: \$25 thru 9/11/17; \$29 after
Student’s 5K (K thru College): \$20 thru 9/11; \$25 after
1 Mile Fun Run / Walk: \$20 thru 9/11; \$25 after
Proxy 5K (we run; you don’t): \$10

Online: via www.Active.com

Keywords: Grand Caverns Signature 5K

Mail: P.O. Box 1034, Grottoes, VA, 24441-1034

Checks Payable: Grand Caverns Signature 5K

LOCATION:

**Grand Caverns Park (upper lot)
5 Grand Caverns Blvd, Grottoes, VA**

Race day registration is available.

Packet pick-up begins at 5:00 PM on race day.

Awesome long sleeve “dry-fit” shirts are included.

Awards: 5K age group winners. Top 1M M/F.

Plenty of post-race prizes & munchies!

Weather: 100% Guaranteed (rain likely)!

Facebook: Grand Caverns Signature 5k

**For more information: contact Mike Betts at
mike@grandcaverns-5k.com**

Cut Here _____

Select One: 5K (\$25 thru 9/11; \$29 after) 1 Mile (\$20 thru 9/11; \$25 after)
 Student 5K (\$20 thru 9/11; \$25 after) Proxy (\$10: we run & you don’t; your results will be sent to you)

Name: _____ Sex: ___ Age: ___ Date of Birth: _____

Address: _____ City: _____ State: ___ Zip: _____

EMAIL: (Please print): _____ Shirt Size: (circle) S M L XL 2X

I hereby assume all risks and hazards incidental to participation in the “Grand Caverns Signature 5K Race Series” including transportation to and from the activities. I also acknowledge the fact that this program may/or does involve physical exertion where injuries may occur and I consider myself adequately trained for the “Grand Caverns Signature 5K Race Series”. I do hereby waive, release, and agree to hold harmless the organizers, sponsors, activity supervisors, volunteers, co-sponsoring organizations and participants, the Town of Grottoes, the Grand Caverns Park, the Shenandoah Valley Track Club & the counties of Rockingham & Augusta (VA) for any claim arising out of an injury. I also acknowledge that the aforementioned parties will not assume costs related to injuries while involved in this activity. I also hereby grant permission to the above to use my likeness via any means to promote the event series.

Participant (or parent/guardian if under 18 years) Signature