

# Special: SPLIT-MEDAL 5K CHALLENGE

Two Races = One "Whole" Medal

SVTC ENDORSED & TIMED

GRAND CAVERNS



SIGNATURE 5K RACE SERIES

# Friday, April 27<sup>th</sup>

**5K starts @ 6:30 PM**

**1 Mile Fun Run begins at 6:35 PM**

**New Challenge: Run both the April 27<sup>th</sup> & Sept. 28<sup>th</sup> 5Ks and receive our split-medals honor!**

Join us for the 13<sup>th</sup> &/or 14<sup>th</sup> 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 go towards a new PLAYGROUND at the Grand Caverns Park for public use.**

### REGISTRATION INFORMATION:

Split-Medal 5K Challenge: \$49 (both races)

5K: \$25 thru 4/13/18; \$29 after

Student's 5K (K thru College): \$20 thru 4/13; \$24 after

1 Mile Fun Run / Walk: \$20 thru 4/13; \$24 after

Proxy 5K (we run; you don't): \$10

**Online:** via [www.Active.com](http://www.Active.com)

Keywords: Grand Caverns Signature 5K

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

**Checks Payable:** Grand Caverns Signature 5K

Cut Here \_\_\_\_\_

Select One:  Split-Medal Challenge (\$49)  5K (\$25 thru 4/13; \$29 after)  1 Mile (\$20 thru 4/13; \$24 after)  
 Student 5K (\$20 thru 4/13; \$24 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

### 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 "dry-fit" shirts are included.

Awards: 5K age group winners; overall top 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](mailto:mike@grandcaverns-5k.com)