

# Don Glick Celebration 5K Run /Walk

8:00 AM Saturday June 13, 2009

Montevideo Middle School

Hosted By Shenandoah Valley Track Club

To Benefit: Don Glick Scholarship Fund



**Awards:** T-shirts to first 25 pre-registered runners. Last day for pre-registration June 8

**Course:** Rolling, a few hills, out & back, mixed pavement & gravel

**Questions:** Contact Mike Guinn 540-433-2343, mquinncc@shentel.net

**Registration:**

Make check to REFI. \_\_\_\_\_ \$20.00 for non-members

\_\_\_\_\_ \$15.00 for S.V.T.C. members

Shirt Size \_\_\_XXL \_\_\_XL \_\_\_Lg \_\_\_Med \_\_\_Sm

Mail to: Mike Guinn Or sign up race day

5166 Pleasant Valley Rd **Last day for pre-registration June 8**  
Harrisonburg, VA 22801

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shenandoah Valley Track Club RELEASE FORM -  
 PLEASE READ BEFORE SIGNING. IT MUST BE SIGNED BY PARTICIPANT  
 (IF 18 OR OLDER) OR PARENT or GUARDIAN.

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 or traffic, 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, meet sponsor, facilities and successors from all claims of liabilities of any kind arising out of my participation in a Shenandoah Valley Track Club meet, fun run, road race or event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Signature of parent or guardian if participant is under age 18 \_\_\_\_\_

**Directions:**

From North or South of Harrisonburg from I-81 take Route 33 East exit. Travel 6.2 miles. Make a **right** turn on to Route 996, McGaheysville Road, Travel about 1/2 mile to Montevideo Middle School..