

Fit Farmer 12K Trail Run

Saturday, May 19, 2018

10 a.m.

Flag Rock Area Trails
Norton, Va.

The inaugural Fit Farmer 12K Trail Run, formerly the Fit Farmer 5K, will be held on The City of Norton's Flag Rock Area Trails system. Race begins at 10 a.m. Race proceeds benefit the Norton Friends and Farmers Market's Senior Supplement Nutrition Program, which provides incentives to low-income senior citizens, allowing them to purchase fresh, locally grown fruits and vegetables at the farmers market. **Runners that register by April 28, 2018 are guaranteed a short-sleeve shirt.** See www.fitfarmertrailrun.wordpress.com for more race details. See www.explorenortonva.com for more information about Norton, Virginia.

Registration fees are as follows: Feb. 9-28: \$20; March 1-31: \$25; April 1-May 19: \$30. Race day registration begins at 8 a.m. See event website for location and driving directions to race.

Make checks payable to: Norton Friends and Farmers Market

Mail this form to: Fit Farmer 12K Trail Run, City of Norton, C/O Katie Dunn, P.O. Box 618, Norton VA 24273.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact Katie Dunn, katied@nortonva.org or (276) 679-1160; Michele Knox, michelek@nortonva.org or (276) 679-0754	<ul style="list-style-type: none">• Male and female: Top three overall.• Male and female masters winners.• Finisher medals for everyone who completes course.

LAST NAME _____ FIRST NAME _____ M.I. ____ SEX ____
DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____
EMAIL _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ PHONE (_____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE)

***** CIRCLE SHIRT SIZE: XS, SM, MD, LG, XL XXL**

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE _____ DATE ____/____/____ (Parent signature if under the age of 18)