

2011 National Trails Day 5K Run
Saturday, June 4, 2011
Registration Form

Race Description: Celebrate National Trails Day by participating in a 5K race on High Bridge Trail State Park. The park is a rail to trail conversion and is a wide, level surface with virtually no grade. The race will begin at 8:00 am near Main Street in Farmville and will follow an out and back course. Awards will be presented to the top 3 overall male & female finishers and top 3 finishers in each age category. The top overall male and female finisher will each receive a free weekend cabin stay in a Virginia State Park. Categories for men & women include: 10 & under, 11-18, 19-29, 30-39, 40-49, 50-59, 60 & over. Participation is capped at 200 runners. Timing and scoring of the race will be done by Riverside Runners, Lynchburg, VA. *All proceeds of the event will benefit the Friends of High Bridge Trail.*

Saturday May 14 th	Early Registration Deadline		
Friday June 3 rd	Registration/Package Pickup	YMCA	10:00am – 6:00pm
Race Day	Registration/Package Pickup	Starting Line	7:00am – 7:45am

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____ Phone: _____

Age on June 4th, 2011: _____ Gender M F T-shirt Size S M L XL Youth S M L XL

Declaration of Authenticity Contract and Waiver

Please read the following statement carefully. To participate, you must sign and return this statement with your application.

- I do hereby waive the Town of Farmville, Prince Edward County, the Virginia Department of Conservation and Recreation, the Friends of High Bridge Trail and the Southside Virginia Family YMCA, any sponsor or fellow participant, from any liability due to personal injury, loss or damage to any property that may occur during the National Trails Day 5K.

Signature Date

Parent signature if participant is under 18 Date

Before mailing, be sure that you have included the following:

- Completed 2011 National Trails Day 5K Run Application with signed Declaration of Authenticity Contract & Waiver
- Please make checks payable to Southside Virginia Family YMCA
- Postmarked or received by May 14th, 2011 (guaranteed a T shirt): \$15.00
- Postmarked or received after May 14th, 2011: \$20.00

Mail to: Southside Virginia Family YMCA, Attention 5K Run
 580 Commerce Rd
 Farmville, VA 23901

For questions contact: High Bridge Trail State Park at 434-315-0457 or
 Southside Virginia Family YMCA at 434-392-3456

