

Amherst County's
5k Run & 1mile Fun Run



5th Annual Amherst County/Elon Elementary 5K Turkey Trot & 1-Mile Fun Run



WHEN Saturday, November 10, 2012
8:30 (Fun Run)/9AM (5K)

WHAT

It's time for the 5th annual 5K and Fun Run. We had our best turnout last November and we are hoping for an even better turnout this year. All proceeds benefit the Physical Education programs at Elon Elementary and Pleasant View Elementary. Our prizes include turkeys, pies, and pump-kin bread. Join us for a family friendly and course friendly event for all ages that is growing into an Amherst County fall tradition.

WHO Can enter

AGE GROUPS: 12 and under
13-19
20-29
30-39
40-49
50-59
60+

Awards: Top three in each age group male and female.

WHERE

COURSE: Leaving Elon Elementary School parking lot to Monacan Park. The course has moderate hills, with a downhill finish. The streets are NOT closed, but will be monitored by Amherst County Sheriff's Department.

HOW MUCH

\$25/person for 5K (12+)
\$15/5K and Fun Run (12 & under)
October 31 deadline for t-shirt
Race Day registration available

Contact Steve Roberts the RACE DIRECTOR at
sroberts@amherst.k12.va.us or call 434-528-6496 for questions

Four ways to get registered.

You can pick up registrations forms at:

- Amherst County Recreation Department,
- Elon Elementary School,
- www.riversiderunners.com

[Click here to register now on the County's Web Site under the Special Events section](#)

Make Checks payable to and mail to :

*Elon Elementary
147 Younger Drive
Madison Heights, VA 24572*

Please fill out registration below, detach, and send to above address.

Name	
Address	
City/State/Zip	
Phone#	
Email	

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read the waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Amherst County Recreation & Parks Dept and Amherst County Public Schools as well as all participating sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Circle One:

Signature & Date are Required

T-shirt size:/youth: YS YM YL	Your Signature and date
T-shirt size:/Adult: AS AM AL AXL A2XL	Signature of Parent or Guardian if under 18 years of age and date

