



High Bridge Half

& 5K



September 7, 2013

Farmville, VA

2013 High Bridge Half Marathon & 5K Registration Form

Half Marathon and 5K Race Description: The High Bridge Half Marathon and 5K race will be held on an out-and-back course beginning in Farmville Downtown at High Bridge Trail State Park Plaza. The park is a rail to trail conversion that is wide, level and has very little grade. The trail surface consists of finely crushed limestone that is well packed. The half marathon will cross the historic High Bridge twice. High Bridge is nearly a half mile long and towers 125 feet above the Appomattox River.

Runners will enjoy on-course support with spirit groups, live music, water/Gatorade stations every 2 miles, Gu energy gel to give you a boost as you enter the home stretch, and Port-O-Potties along the way. The first ever High Bridge Riverside Festival will thrill and entertain families, friends, and fans with live music, food, beer, fun things to do and buy, plus an inflatable amusement area for kids.

Race Particulars: Timing and scoring of the races will be provided. Medals will be presented to the top 3 overall male & female finishers and top finishers in each age category that participated in the races. Cash prizes will be awarded to the top three overall male and female in the half marathon race. Finisher photos for both races will be available at no charge via electronic access. Site and password will be included in race packets.

Half Marathon fees: \$55 per runner

Half Marathon starts at 7:30am

5K fees: \$30 per runner/walker

5K starts at 8am

Entry fees are non-refundable. Shirts will be guaranteed to those registered 2 weeks prior to the event. After this time they will be available on a first come first serve basis.

Packet Pick-up: Packets are not available for pick-up on race day except for onsite registrants. Race packet pickups and onsite registration will be at the Virginia's Heartland Visitor Center (121 E. Third Street). Photo ID is required for packet pick-up. Packet pick-up is available for other participants with a copy of that person's photo ID.

Thursday, September 5: 5pm-8pm

Friday, September 6: 5pm-8pm

Race day onsite registration opens at 6:30am and closes at 7:15am.

Parking: Parking passes in municipal pay lots will be included in race packets. Parking is free for those with parking passes.



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Please check the event you will participate in: Half Marathon _____ 5K _____

Name: _____

Name/Nickname on bib: _____

Address: _____

City: _____ State: _____ Zip code: _____

Email: _____

Phone: _____

Age on September 7, 2013: _____ Gender: M F Shirt Size: S M L XL XXL

Emergency Contact: _____

Phone #: _____

Participant Waiver for High Bridge Half Marathon & 5K: Please read and sign waiver form. *(See attached form)*

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

- Completed 2013 High Bridge Half Marathon/5K Registration form
- Signed Participant Waiver for High Bridge Half Marathon & 5K
- Please make checks payable to: Farmville Downtown Partnership

Mail to: Virginia's Heartland Visitor Center
High Bridge Half Marathon & 5K
121 E. Third Street , P.O. Box 413
Farmville, VA 23901

For more information please contact Helen Person @ 434-392-3060, director@downtownfarmville.com, or visit www.farmvillehighbridgehalf.com



Participant Waiver for High Bridge Half Marathon & 5K

I know that running in a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform the High Bridge Half Marathon & 5K race(s), am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the High Bridge Half Marathon & 5K and agree to abide by them. 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, traffic and the conditions of the road. I acknowledge that I will be running on a gravel or dirt surfaced trail, up and down hills, across the High Bridge, and with a large group of people, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. I understand that I am not allowed to have any form of personal assistance on the course. Having read this 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 the organizers of the High Bridge Half Marathon & 5K, Farmville Downtown Partnership, High Bridge Trail State Park, Virginia State Parks, the Virginia Department of Conservation & Recreation, the Town of Farmville, Prince Edward County, Cumberland County, and Riverside Runners, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____