



7th Annual Amherst County/Elon Elementary 5K Turkey Trot and 1-Mile Fun Run

Saturday, November 15, 2014
8:30 (Fun Run)/9AM (5K)

It's time for the 7th 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 pumpkin bread. Join us for a family friendly and course friendly event for all ages that is growing into an Amherst County fall tradition.



RACE DIRECTOR: Steve Roberts
sroberts@amherst.k12.va.us
434-528-6496

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.

REGISTRATION FORMS: available at Amherst County Recreation Department, Elon Elementary School, and www.riversiderunners.com

Or register on-line at <http://countyofamherst.com>

\$25/person for 5K (12+)
\$15/5K and Fun Run (12 & under)
November 7 deadline for t-shirt
Race Day registration available

Checks payable to
Elon Elementary
147 Younger Drive
Madison Heights, VA 24572
Please fill out registration
below, detach, and send to
above address.

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.

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 and Amherst County Public Schools and 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:
T-shirt size:/youth: YS YM YL

T-shirt Size Adult: AS AM AL
AXL A2XL

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Name

Address

Phone

Email

Gender _____ Age on race day _____