

IRON 5k Run/Walk

Submit preregistration @
Riverside Runners-Lynchburg
Snap Fitness- Amherst

ONLY ONE APPLICATION PER
PARTICIPANT***

NAME:(LAST) _____
(FIRST) _____

ADDRESS: _____

CITY _____ ST _____

ZIP _____

EMAIL _____

PHONE # () - _____

AGE ON RACE DAY: _____

GENDER _____

CHECK THE EVENT(S) YOU ARE
REGISTERING FOR:

- ADULT 5K
- IRON MOM 5K
- YOUTH 5K
- KIDS FUN RUN



sponsored by:



timing and results

by:



Contact: Derrick Brown
www.ironlives.com
iron@ironlives.com
(434) 258-2279



4th Annual IRON 5K RUN/WALK

Kids Fun Run IRON Mom - Stroller 5k

April 13th, 2014 3:00 pm

"Out and Back" course down Main St.
starts at Amherst County High
Adults 5k or IRON Mom 5k - \$25
(Race Day Registration - \$30)
Kids 5k (12 & under) - \$15, Fun Run - \$10

Includes t-shirts if preregistered. Door Prizes!

Proceeds benefit IRON Lives Inc.

WE WILL RUN RAIN OR SHINE!
Preregister at www.ironlives.com

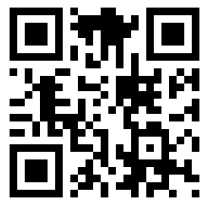
Submit paper applications at Riverside Runners and Snap Fitness-Amherst









Event Description: The Iron 5K run/walk, presented by Iron Lives Inc., is a family friendly 3.1 mile run in Amherst County, Virginia. Gather the family to walk, jog, run, dance, or crawl to support our students. The course starts and ends at Amherst County High School and will follow Main Street from the high school into the town of Amherst.

*****NEW! CATEGORY*** IRON MOM-** *Moms are the most determined people on earth, and we want to give them the opportunity to show off! Moms can now run or walk the 5k with their kids in their strollers. This will be a tough challenge...but it will be easier than child birth! All Moms racing with a stroller will receive an IRON Mom t-shirt, and the top 5 mom finishers will receive a medal.*

The kids' 1 mile fun run (ages 5-11) will begin once the 5k is concluded and will take place on the track in Lancer Stadium. All children who participate in the fun run will receive a t-shirt and medal.

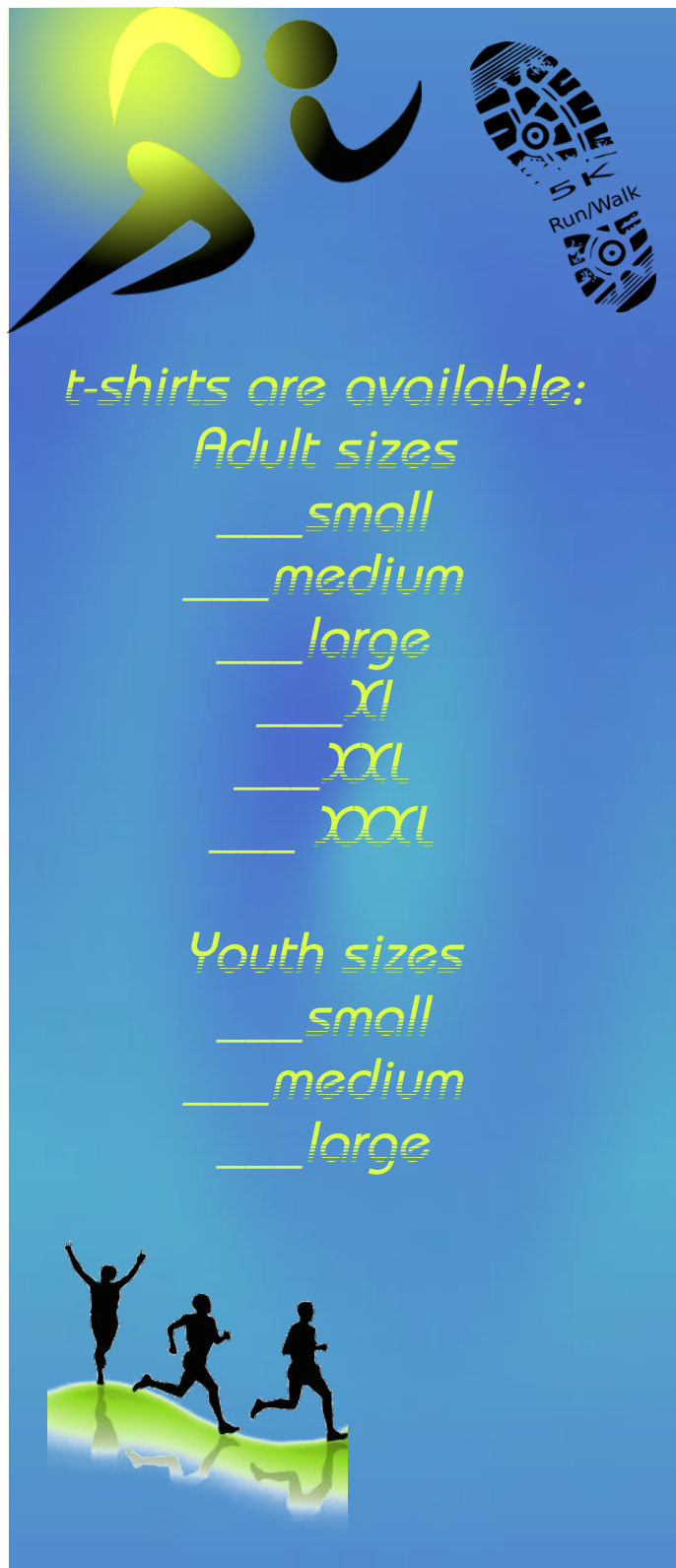
Date & Time: The race is Sunday, April 13, 2014. Start time is 3:00 PM. A door prize drawing and an award ceremony for age category winners will follow the race.

Location: Race start and finish is at Amherst County High School. Free parking available at the high school and overflow parking is available at the Ambriar Shopping Center.

Course: The course will start on the Amherst County High School Track turn right heading Northbound on S. Main st. into the town of Amherst. Runners will make a u-turn at the Amherst traffic light in the snap fitness parking lot (a water table will be located here). Then runners will proceed southbound on S. Main st and finish on the Amherst County High School Track

- Prices:**
- **Child pre-registration \$15 (12 yrs and under) Registration ends Thursday 4/10 at 11:59pm**
 - **Adult pre-registration \$25 for adults. (12 yrs and older) Registration ends Thursday 4/10 at 11:59pm**
 - **Race day registration is still \$15 for the children's 5k but goes up to \$30 for adults so register early.**
 - **Kids' 1 Mile Fun Run \$10 always-but must pre-register to guarantee a t-shirt**
- Race entry fees are non-refundable*****

Pocket Pickup: Race t-shirts are guaranteed for those participants who pre-register online. A limited number of t-shirts are available for those who register race day. Pre-registration is encouraged, because registration on race day does not guarantee a T-shirt. Pick up your number and shirt at Amherst County High School on the track from 1:00-2:30 PM on race day. You may also pick up your package at Riverside Runners on 2480 Rivermont Ave, Lynchburg, VA



Liability Waiver Form

To the best of my knowledge, I am in good physical condition and fully able to participate in this IRON 5k run/walk, IRON Mom 5k, or Kids' Fun Run. I am fully aware of the risks and hazards connected with the participation in this event, including physical injury or even death, and hereby elect to voluntarily participate in said event, knowing that the associated physical activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OR LOSS, PROPERTY DAMAGE, OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or loss or damage to property owned by me, as a result of participation in this IRON 5k run/walk, IRON Mom 5k, or Kids' Fun Run. I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, Amherst County Public Schools, IRON Lives Inc., or those involved with the event such as event coordinators, volunteers and others (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in physical activity, or while on or upon the premises where the event is being conducted.

It is my expressed intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVE, DISCHARGE, and CONVENTION TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be constructed in accordance with the laws of the State of Virginia.

I agree to abide to all rules and regulations of this IRON 5k run/walk, IRON Mom 5k, or Kids' Fun Run. I also realize that a copy of the rules and regulations is available upon request. I realize that failure to do so will result in the ejection of fellow teammates and myself from this tournament and dismissal from Amherst County High School property. I also give Amherst County Public Schools and IRON Lives Inc. permission to use and share any photography or video footage of myself on their website, social media sites, promotional material, and/or in local or national news media.

In signing this release, I acknowledge and represent that I HAVE READ THE FORGOING Waiver of Liability and Hold Harmless Agreement, UNDERSTAND IT AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made; and I EXECUTE THIS RELEASE FOR FULL, ADEQUATE AND COMPLETE CONSIDERATION FULLY INTENDING TO BE BOUND BY SAME.

Participant _____ Date _____
 Parent signature if under 18 _____
 Date _____