

# Run NNK Earth Day 5K Race & Kids Tot Trot

## Saturday, April 15, 2017 at 8:00 A.M.

### Heathsville Farmers Market, Heathsville, VA 22473

**Race Information:** The race will start and end behind the Rice's Hotel-Hughlett's Tavern Foundation grounds at 73 Monument Place, Heathsville, VA. The manually timed 5K will begin at 8:00 a.m., followed by a Tot Trot at 9:15

**Registration Information:** Registration is \$25.00 (\$10 for youth 12 & under) Registrations after April 10 will be \$30.00(Adult) & \$12.00 (Youth). There is no charge for the Tot Trot, which is limited to kids 4 and under. On-line registration is available at <https://www.raceit.com/Register/?event=39530> . Run NNK members receive a \$5 discount. The first 100 registered runners/walkers will be guaranteed a specially designed T shirt and water bottle. Post race refreshments will be provided. All Kids Run participants will receive a prize!

**Course Description:** The course begins near the Northumberland Historical Society, follows Back Street to and across US Route 360 onto Spring Road to the 1.55 mile turnaround and return. The course is moderately hilly. Water stops at 1 and 2 miles.

**Packet Pickup On Site Registration & Facilities:** Packet pick and on-site registrations will be Friday April 15 from 4 to 7 p.m. at St. Stephen's Episcopal Church (6807 Northumberland Highway), and late registrations & packet pickup on race morning between 7:00-7:30 near the race start. Porta-Johns will be available near the starting line.

**Awards:** Overall Male/Female, and age group winners will be awarded.

**Additional Information:** Contact the Race Director at [wkirby@wildblue.net](mailto:wkirby@wildblue.net) or 804-450-2609

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**Mail Entry Form and make Checks payable to:** Run NNK Earth Day 5K, P.O. Box 565, Heathsville, VA 22473

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

Check one: Adult (\$25): \_\_\_\_\_ Youth(\$10): \_\_\_\_\_ Run NNK Member(\$20) \_\_\_\_\_

Email \_\_\_\_\_

**WAIVER:** I know that running 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 this event, and 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 race 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 , 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. 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 Run NNK Earth Day 5K, and the Road Runners Club of America, 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.

\_\_\_\_\_  
Signature (Parent's Signature If under 18)

\_\_\_\_\_  
Date