

# Run NNK Earth Day 5K Race & School Challenge

## Saturday, April 21, 2018 at 8:00 A.M.

### Heathsville Farmers Market, Heathsville, VA 22473

**Race Information:** The race will start and end in front of the Northumberland Historical Society grounds at 86 Back St., Heathsville, VA 22473. 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 students) Registrations after April 14 will be \$30.00(Adult) & \$12.00 (Student). There is no charge for the Tot Trot, which is limited to kids 5 and under. On-line registration is available at <https://www.active.com/heathsville-va/running/distance-running-races/run-nnk-earth-day-5k-2018>. The first 100 registered runners/walkers will be guaranteed a specially designed T shirt. Post race refreshments will be provided. All Tot Trot participants will receive a prize!

**High School/Middle School Challenge:** A \$1000 cash award will be made to the local High School/Middle School (combined) with the most entrants. A \$500 cash award will go to the school with the next highest number of entrants. Public or private schools in Northumberland, Westmoreland, Lancaster, Richmond, and Essex counties are eligible for the prize. Cash awards will be made to the school Principal and will be earmarked for the support of programs to promote youth running and fitness. **You do not have to be a student to count. Parents, relatives and friends may register on behalf of a school, even if they don't run.** Simply check the school you are supporting on the registration form below.

**School Student Team Challenge:** Team prizes will be awarded to the top 2 high school and top 2 middle school student teams, made up of 5 or more runners. There can be more than 1 team from a school. For example there could be a team made up of school boy soccer players and a team made up of girl basketball players. The team should create a team name and designate a team captain on the entry form. Team entries should be submitted together, if possible. Winners will be determined using cross country scoring. (The finishing places for the 5 team members will be added. The team with the lowest total is the winner.) Prizes will be gift certificates to local restaurants.

**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 20 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, age group, and student team winners will be awarded.

**Additional Information:** Contact the Race Director at [wkirby@runnnk.org](mailto:wkirby@runnnk.org) 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): \_\_\_\_\_ Student(\$10): \_\_\_\_\_ Run NNK Member(\$20) \_\_\_\_\_

Email \_\_\_\_\_ T-Shirt Size (Circle) S M L XL XXL

**All Entrants:** Please check the name of the high school/middle school you are supporting in the **School Challenge**. You do not have to be a student to support a school. **Check one only.**

Northumberland High School/Middle School <input type="checkbox"/>	Lancaster High School/Middle School <input type="checkbox"/>	Wash & Lee HS/Montross Middle School <input type="checkbox"/>
Rappahannock HS/Richmond County Middle School <input type="checkbox"/>	Chesapeake Academy <input type="checkbox"/>	Essex High/Intermediate School <input type="checkbox"/>
St. Margaret's School <input type="checkbox"/>		

**School Student Team Challenge:** If you are entering as part of a 5 member student team, please complete the following:

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

**WAIVER for All Entrants:** 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