

Front Royal Kiwanis 5k

Saturday 15 May 2010



Front Royal, VA • 9 am

Where & when

The 5k run starts at 9:00 am at **Warren County Middle School** in Front Royal, Virginia. Race day registration and check-in begin at 8:00 am.

Course

A measured 5k (3.1 mile) route on paved roads through the northwestern part of Front Royal and the grounds of Randolph-Macon Academy. Mile 1 is downhill or flat; mile 2 is mostly uphill; and the final 1.1 miles are rolling.

Awards

For the top two men & women overall, the top Masters (40 & over) man & woman, and the top three in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over.

For more information

Contact race director Terry Leckie at (540) 660-2378 or tlleckie@comcast.net. Visit the race's Web site at...

<http://user.shentel.net/karsten/kiwanis/>

...for more info, including a course map and past results! Proceeds from the race support the Kiwanis Club of Front Royal. To learn more about the club, visit www.kiwaniscluboffrontroyal.org.

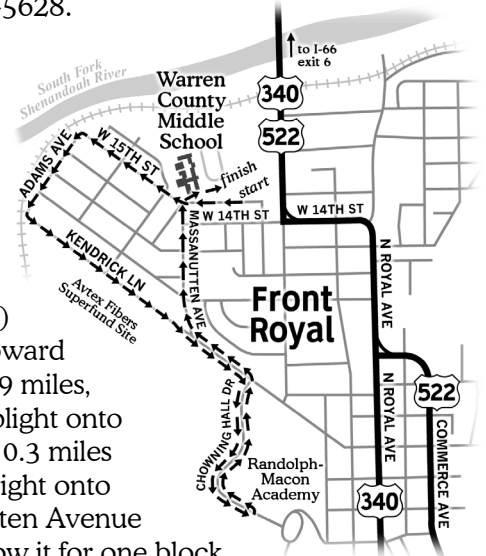


Entry fees

\$13.00 if postmarked by 12 May, or \$15.00 on race day. \$1.00 discount for SVR members and Kiwanis members. Make checks payable to "Front Royal Kiwanis Club" and mail with entry form to: Front Royal Kiwanis 5k, 197 Foxfire Court, Front Royal, VA 22630-5628.

Directions

Warren County Middle School is at 500 West 15th Street in Front Royal, VA. Take I-66 to exit 6 (Routes 340/522) and head south toward Front Royal. In 1.9 miles, turn right at a stoplight onto West 14th Street. 0.3 miles later, turn right onto Massanutten Avenue and follow it for one block to the school. Turn right onto West 15th Street and park in the school lot on your left.



Front Royal Kiwanis 5k Entry Form

Mail entry form and check to: Front Royal Kiwanis Club, 197 Foxfire Court, Front Royal, VA 22630-5628.

Name: _____ Age on 5/15: _____ Sex: _____

Address: _____ Date of birth: ____ / ____ / ____

City: _____ State: _____ ZIP: _____

Phone: (_____) _____ - _____ E-mail: _____

T-shirt size? S M L XL SVR member? Y N Kiwanis member? Y N

WAIVER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following or its successors and/or assigns, as their interests may appear: the Front Royal Kiwanis Club, the Shenandoah Valley Runners, the Town of Front Royal, the County of Warren, the Front Royal-Warren County Chamber of Commerce, Randolph-Macon Academy, Warren County Public Schools, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled May 15th, 2010 event. I attest and verify that I am physically fit and have effectively trained to complete this race and have completed this entry form honestly. **THIS IS A FUNDRAISER.**

Signature: _____ Date: _____

(parent or guardian's signature if under 18)