



Appomattox River Regional Park

3rd Annual 5K TRAIL RUN



Saturday, April 7, 2018 at 9:00am

Appomattox River Regional Park, N. Prince George, VA

Participants at all levels are encouraged to come out and enjoy the festivities.

All proceeds go toward Special Olympics and Friends of the Lower Appomattox River (FOLAR).

AWARDS

- Top 3 Overall -- Male & Female
- First Master – Male & Female
- Top 3 in each Age Group – Male & Female
- Top 3 Teams (Individual Awards) – Co-Ed
- Finishing prize to all in children's events.

FEES

- Individual - \$20 (T-shirts to all registrants received by March 30th)
- TCRR Members - \$17 if received by March 30th, \$20 if received after March 30th
- Students (thru grade 12) - \$ 12
- Couples registration - \$30 before March 30th, \$35 if received after March 30th

EVENT TIMES *Rain or shine*

- 7:45 AM: Registration
- 9:00 AM: 5K Run/5K Walk
- 10:00 AM: Children's Fun Run (**FREE** for Ages 14 and younger). **Register on Race Day.**
- 10:30 AM: Awards Ceremony

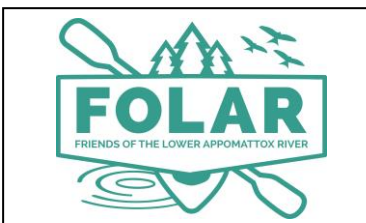
Short Sleeve T-shirts to all registrations received no later than March 30th
(T-shirts not guaranteed on race day, sizes limited!)

PROCEEDS

Prince George Parks and Recreation, the Riverside Regional Jail, and the Friends of the Lower Appomattox River (FOLAR) are proud to host the 3rd Annual Appomattox River Regional Park 5K Trail Run (800 FOLAR Trail, N. Prince George, VA 23860)! All proceeds from the event will be split between the Special Olympics of Virginia and FOLAR.



Riverside Regional Jail Authority has been a longtime supporter of the Law enforcement Torch Run for Special Olympics Virginia. The Law Enforcement Torch Run unites officers from law enforcement agencies and corrections departments across the state in an effort to raise funds and awareness for Special Olympics Virginia.



The Friends of the Lower Appomattox River (FOLAR) is the only organization in the region dedicated to conserving and protecting the natural, cultural, and recreational resources along the Lower Appomattox River. FOLAR has served the region as a registered 501c3 nonprofit organization since 2001. Proceeds from this event will help FOLAR create access to the river, improve parks, establish trails, and protect special places along the river for all to enjoy.

PRESENTED BY: Prince George Parks and Recreation, the Riverside Regional Jail, the Friends of the Lower Appomattox River (FOLAR) and TCRR!

CO-ED TEAMS – Running or walking

Organize a team of 3 to 5 members. Scoring is by the lowest cumulative time for the fastest 3 finishers on each team. Awards will go to the top 3 Co-Ed teams (must have at least one male and one female on each team). Please give your team a name and mail entries together. NO RACE DAY Team Registrations!! Team members are eligible for individual awards.

AGE GROUPS

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

REGISTRATION 📄

You can register by returning the entry form to Prince George Parks and Recreation, P.O. Box 68, Prince George, VA 23875
 OR you can register on-line at <https://runsignup.com/arrp-5k>.
 Race day registration 7:45-8:30 AM, April 7th.
 Please make checks payable to "Prince George Parks and Recreation".

CONTACTS 📞 **For Running, Walking, Teams and Children’s Fun Run**

Debbie Lafland dlafland@princegeorgecountyva.gov 804-458-6164

DIRECTIONS ↻ ↺ ↻

From **I-95**, take exit 54, turn right to take Route 144/Temple Ave. south and follow for 3.1 miles. Turn left onto Route 645/River Road and follow for 3.2 miles. Turn left onto FOLAR Trial, follow for .75 miles to the parking area.

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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 agree to abide by the decision of a race official relative to my ability to safely complete the run. 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 humidity; traffic and the conditions of the road; 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 acting on my behalf, waive and release the Tri-Cities Road Runners Prince George County, Riverside Regional Jail, and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. As a condition to me being allowed to participate in this race and in recognition of the safety concerns involved, **I agree not to use headphones, participate with a dog, even one on a leash, or a baby stroller, and I agree that if I violate any of these commitments, I, and I alone, will be financially responsible for any and all injuries or damages caused by my actions.** Furthermore, if I violate any of these commitments, I will indemnify and hold the race sponsors, organizers, and volunteers harmless from all liabilities arising from my actions. In addition, I grant permission to TCRR and Prince George County to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

RUNNER’S SIGNATURE _____ DATE _____

(If runner is 18 years of age or younger, a parent or guardian must sign)

Last Name										First Name									
<input type="text"/>										<input type="text"/>									
Area Code			Phone No.			T-SHIRT SIZE (Circle One)				Age on Race Day									
<input type="text"/>			<input type="text"/>			S M L XL				<input type="text"/>									
Mailing Address (Street, include Apt. No.)																			
<input type="text"/>																			
City															State				
<input type="text"/>															<input type="text"/>				
Zip Code					Sex		TCRR Member			Children’s Events									
<input type="text"/>					Male Female		Yes No			<input type="text"/>									
<input type="text"/>					<input type="text"/>		<input type="text"/>			<input type="text"/>									
E-Mail Address																			
<input type="text"/>																			

5K Run	\$20.00	_____
Student(K-12)	\$12.00	_____
Couple	\$30.00	_____
5K Walk	\$20.00	_____
Student(K-12)	\$12.00	_____
Couple	\$30.00	_____
Children’s Fun Run	<u>No Charge</u>	
Extra T-Shirt	\$10.00	_____
Size	_____	
Donation:	Torch Run/Special Olympics _____	
	FOLAR _____	
Hooded Sweatshirt:	\$30.00	_____
Size	_____	
<i><u>No sweatshirt orders after March 30th!</u></i>		
Less \$3.00 TCRR Member Discount, if applicable - _____		
(no additional discount for students)		
TOTAL	\$	_____

TEAMS:

Name	Female	Male	Mixed	Military
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>