Abingdon Main Street 5K Race

(Walkers welcome*)

Saturday, August 17, 2013, 7:00 p.m.

Registration/Finish at Abingdon Farmers Market Pavilion, 100 Remsburg Drive, Abingdon

5:30 pm Registration, 7:00 pm Start

Pre-registration: (ends 8/3/2013)	$15 Runners $10 Walkers	**Regular Registration:**	$25 Runners $20 Walkers

Make checks payable to: Advance Abingdon

Mail this form to: Advance Abingdon, PO Box 1231, Abingdon, VA 24212-1231

NOTE: Only preregistered runners and walkers are guaranteed a T-shirt. Computer system timing managed by the State of Franklin Track Club. USATF certified course.

Headphones are **NOT** permitted on the course | Strollers are **NOT** permitted on the course

For more info contact Advance Abingdon, 276/698-5667 Race sponsor: Bristol Virginia Utilities *** Race length for walkers will be 1.6K. Race will be untimed with no medal awards.**	**Abingdon Main Street 5K Road Race Male & Female Awards:** Top Overall Top Masters **Age Groups (top 3)** …9, 10-14,15-19,20-24,25-29,30-34,35-39, 40-44,45-49,50-54,55-59,60...

Mark one: _____Runner _____Walker

LAST NAME_____ FIRST NAME_____ M.I._____

SEX____ DATE OF BIRTH____/____/____ AGE ON RACEDAY_____ E-MAIL_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____ PHONE (_____)_____-_____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE)_____

***** CIRCLE SHIRT SIZE:** XS, SM, MD, LG, XL, XXL

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE_____ DATE_____/_____/_____ (Parent signature if under the age of 18)

Map of race course is available at www.runtricities.org.