



Appomattox River Regional Park

4th Annual 5K TRAIL RUN



Saturday, April 6, 2019 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 29th) \$25 beginning March 30th

TCRR Members - \$17 if received by March 29th, \$25 beginning March 30th

Students (thru grade 12) - \$ 12

Couples registration - \$30 if received by March 29th, \$40 beginning 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

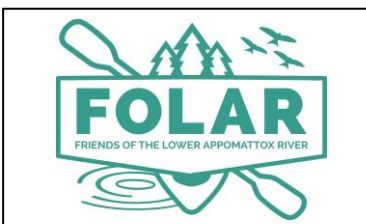
Short Sleeve T-shirts to all registrations received no later than March 29th
(T-shirts not guaranteed on race day, sizes limited!)

PROCEEDS

Prince George Parks and Recreation, the Riverside Regional Jail, and the Friends of the Lower Appomattox River (FOLAR) are proud to host the 4th 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 6th.

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

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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"/>
		XXL (\$2 additional fee)	

Mailing Address (Street, include Apt. No.)

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City	State
<input type="text"/>	<input type="text"/>

Zip Code	Sex	TCRR Member	Children's Events
<input type="text"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	<input type="checkbox"/>

E-Mail Address

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TEAMS:

Name _____

	Female <input type="checkbox"/>	Male <input type="checkbox"/>	Mixed <input type="checkbox"/>	Military <input type="checkbox"/>
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5K Run	\$20.00	<input type="text"/>
Student(K-12)	\$12.00	<input type="text"/>
Couple	\$30.00	<input type="text"/>
Late Run	\$25.00	<input type="text"/>
Late Couple	\$40.00	<input type="text"/>
5K Walk	\$20.00	<input type="text"/>
Student(K-12)	\$12.00	<input type="text"/>
Couple	\$30.00	<input type="text"/>
Late Walk	\$25.00	<input type="text"/>
Late Couple	\$40.00	<input type="text"/>
Children's Fun Run	<u>No Charge</u>	
Extra T-Shirt	\$10.00	<input type="text"/>
Size	<input type="text"/>	
XXL T-Shirt (extra)	\$ 2.00	<input type="text"/>
Donation:		
Torch Run/Special Olympics	<input type="text"/>	
FOLAR	<input type="text"/>	
Hooded Sweatshirt:	\$30.00	<input type="text"/>
Size	<input type="text"/>	
<u>No sweatshirt orders after March 29th!</u>		
Less \$3.00 TCRR Member Discount, if applicable - <input type="text"/>		
(no additional discount for students)		
TOTAL		\$ <input type="text"/>