

11th Annual Mountain Valley Scholarship Races

8:00 AM Saturday May 20, 2017

Keezletown, VA (near Harrisonburg, VA)

Hosted By Shenandoah Valley Track Club

To benefit scholarship fund for local high school runners Map and elevation on our web site

WWW.ValleyTrack.org 540-810-0816 ValleySting@aol.com



Awards: T-shirts to first 50 pre-registered runners. Medals to all runners.

1st Male and Female \$50 Cash 2nd Male and Female \$25 Cash
Male and Female age group awards (19 and under, 20-29, 30-39, 40-49, 50-59, 60+) .

Registration: Last day for pre-registration May 11 Mail to: Mike Guinn
5166 Pleasant Valley Rd
Harrisonburg, VA 22801

Please check race

_____ Half Marathon _____ 10 K

Make check to S.V.T.C. _____ \$25.00 for non-members race day _____ \$20.00 for non-members
_____ \$20.00 S.V.T.C members race day _____ \$15.00 for S.V.T.C. members

Scholarship donation _____ \$150 _____ \$100 _____ \$50 _____ \$20 _____ \$10 _____ \$5

Would you like to a member of Shenandoah Valley Track club? Individual _____ \$12 Family _____ \$20

Circle Shirt Size **XXL XL Lg Med Sm**

Shenandoah Valley Track Club RELEASE FORM - PLEASE READ BEFORE SIGNING. IT MUST BE SIGNED BY PARTICIPANT (IF 18 OR OLDER) OR PARENT or GUARDIAN.)

I know that participation in a track meet or road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by meet/race rules and any decision of a meet or race official relative to my ability to safely complete an event. I assume all risks associated with my participation in a track meet or road race including, but not limited to, falls, contact with other participants or traffic, conditions of the track facility or road. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shenandoah Valley Track Club, their officers, meet sponsor, facilities and successors from all claims of liabilities of any kind arising out of my participation in a Shenandoah Valley Track Club meet, fun run, road race or event.

Name _____ Sex _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Would you like to be part of our E-group E-mail list. _____ Yes _____ No

Signature _____ Date _____

Directions: From North or South of Harrisonburg from I-81 take Route 33 East exit. Travel 3.8 miles to stop light. Make a left turn on to Route 620, Indian Trail Road. (Right turn is Cross Key Rd). Travel about 1 mile to Keezletown Ruritan Club on right.

From East on Route 33 6.5 miles past the entrance to Massanutten Resort. At the stop light, make a right turn on to Route 620, Indian Trail Road. (Left turn is Cross Key Rd). Travel about 1 mile to Keezletown Ruritan Club on right.