

# Osprey 10K/5K Run/Walk April 8, 2017. Start time 9:00 AM

## REGISTRATION FORM

Fee: \$25 if posted by 3/1, \$30 after 3/1, or \$35 Race Day

Fee includes: Entrance to the State Park, chip timing, t-shirts (not guaranteed for late registrants), and medals for age group winners

Packet Pick-Up: Saturday April 8 (Race Day), 7-8:30 AM at SML State Park

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ & Phone \_\_\_\_\_

**Circle Event:** 5K / 10K      **Shirt size:** Small \_\_\_\_\_ Med \_\_\_\_\_ Large \_\_\_\_\_ X large \_\_\_\_\_

**Make checks payable to: Friends of Smith Mountain Lake State Park.**

**Mail to: Friends of Smith Mountain Lake State Park, 1235 State Park Road, Huddleston, VA 24104, Attn: Patti Gerhart.**

**Read and Sign:** I know running a race is a potentially hazardous activity and requires proper training. I should not run unless I am medically able to safely complete the race. I agree to abide by race directions. I do hereby for myself, my heirs, my executors, and assignees, release and forever discharge the Friends of Smith Mountain Lake State Park, its sponsors, and others staffing this event, from all claims of any kind or nature as a result of my participation in this event.

**SIGN** \_\_\_\_\_