



Oct. 21, 2023, 9:00 AM

The Osprey 10K Run & 5K Run - Walk



For more information

www.smlspfriends.com/Osprey10K5K

Friends of Smith Mountain Lake State Park, Inc.

is a volunteer 501(c) (3) organization dedicated to promoting the use, enjoyment and appreciation of Smith Mountain Lake State Park.

All proceeds from this event go to benefit programs at the Park and foster environmental stewardship and education.

The event will be a 5 K run/walk or a 10K run for participants of all ages and activity levels. The race highlights the wonderful attributes of the area as participants make their way along the beautiful roadways in the Park.

Osprey 10K Run & 5K Run/Walk, Oct. 21, 2023, Start time 9:00 AM



OSPREY 10K RUN/5K RUN-WALK

9 AM, Oct. 21, 2023

Fee: \$25, After 9/1 \$30

Cash & Check only on Race day

Fee includes: entrance to the State Park, chip timing, t-shirt*, and medals for category winners

***Race Shirts not guaranteed for registrations received after 10/5**

Awards for male & female age group runners

Packet pick-up, Saturday, Oct 21 (Race Day): 7 – 8:30 AM at Smith Mountain Lake State Park

Name _____ Sex M or F, Age _____ DOB _____

Address _____ State _____ Zip _____

Phone _____ Email: _____

Emergency contact name: _____ & phone _____

Indicate shirt size: small _____ medium, _____ large, _____ extra-large _____

Circle Event: 10K Run or 5K Run/walk

Make Check Payable to: Friends of SML State Park, Inc.

Mail to: Friends of Smith Mountain Lake State Park
1235 State Park Road
Huddleston, VA 24104
ATTN: Susan Eldridge

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, administrators and assignees, release and forever discharge the Friends of Smith Mountain Lake State Park Inc., its sponsors and all others staffing this event from all claims of any kind or nature as a result of my participation in this event.

SIGN _____