

Run for Snacks 5k

Register Online

July 6, 2019

At TristateRacer.com

Race begins @ 9:00 am

Alderson 4th of July will give a portion of the proceeds to benefit Alderson Elementary and Greenbrier County Snacks In Packs Programs.

Course Information

Registration

The course begins at the Alderson Memorial Football Field and follows a scenic route which captures the beauty of the Greenbrier River through the heart of historic Alderson.

Pre-Registration: (Before June 1) - \$20
(Must register for 5k by June 1, 2019 to be guaranteed a T-Shirt)

Participants should prepare to be challenged.

Late Registration and Race Day - \$25

Contact Information:

Please fill out the form below and mail with

For information, contact:

remittance to:

Laurie Bennett 540-798-5737

Alderson 4th of July

laurieparker304@gmail.com

P.O. Box 128 Alderson, WV 24910

Make checks payable to: Alderson 4th of July

Awards and Age Groups

Prizes awarded to top 2 male/female in each group and overall male/female

Under 10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 and over

Kids Fun Run - will be held after the 5k and awards will be given – Only for kids 12 and under

No pre-registration is needed – register the day of the event

Run for Snacks 5K Registration Form

First Name: _____ Last Name _____ Age _____ M _____ F _____
Gender

YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____ AXXL _____
Shirt Size

Address _____

City _____ State _____ Zip Code _____

E-Mail _____ Phone _____

Signature (Parent if under 18) ALL PARTICIPANTS MUST SIGN ENTRY FORM _____ DATE _____

Waiver: 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 any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this even, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Run for Snacks 5k, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.