

Hosted by Waynesboro High School Cross Country Teams

When: March 9th, 2013
Where: Ridgeview Park, Waynesboro VA (Start and Finish)
Time: 9:00am start time for 10k and 5k
1 mile Fun Run will begin immediately after 10k and 5k Races

Entry Fee for 5k/10k Races: Till Jan. 31- \$ 25 Feb. 1 – March 8 - \$30 Race Day - \$40
1 Mile Fun Run: \$15 (no price change)

First and Last Name _____

Race Selection (Please check) : 10k _____ 5k _____ 1 Mile Fun Run _____

Age _____ **Date of Birth** _____

Gender _____ **Youth : S M L XL** **Adult: S M L XL**

Address _____

City, State, Zip _____

Email Address _____

Phone Contact _____

Emergency Contact:
Name _____ **Phone** _____

Make Checks Payable to: WHS Cross Country Team :
Mail to: 1625 Ivy Street
 Waynesboro, VA 22980

For more information view our website <https://sites.google.com/a/waynesboro.k12.va.us/spring-fling/>

Race Registration and Packet Pick-up

Race day registration and packet pickup will begin at 7:00 am at the starting line at Ridgeview Park.

Awards will be given to the top male & female finishers overall along with the top 3 in each age division.
Age Groups 0-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over , All 1 mile runners will receive a medal.

Waiver Form- Must be signed in order to participate

I, _____ release Waynesboro High School, sponsors, and individuals associated with the Spring Fling Road Race from any and all liability arising from illness, injury, or death I suffer as a result of my participation in this event. I attest that I am physically fit and have trained sufficiently for this event and am aware that my participation could in some circumstances result in physical injury. I give permission for free use of my name and likeness in any broadcast, telecast or written account of this event. I also understand that my entry fee is non-refundable and non-transferable.

Signature _____ *Date* _____