

The DOMINION POST KICKOFF 5K

WHEN: Friday, September 8, 2017

TIME: 7 pm competitive 5Krun + noncompetitive walk

RACE FEE: \$20 if registered before August 25th; \$25 after August 25th and on race day.

COURSE: The 3.1 mile course will begin on the trail behind The Dominion Post parking lot. Participants will then head west on the Decker's Creek Trail toward the Hazel Ruby McQuain Theatre on the waterfront. There will be a midway turn-around point. The race will finish at The Dominion Post.

PARKING: Parking will be available at The Dominion Post, the DMV Parking Lot, Marilla Park, and surrounding areas.

REGISTRATION / PACKET PICK-UP: Registration and packet pick-up for the run/walk will be at the Dominion Post parking lot, on Friday, September 8th from 5:30-6:45.

TIMING: Miles of Smiles Timing

Benefits The Dominion Post Newspapers in Education Program.

PRIZES: The first place overall male and female runner will receive a gift card to a sporting goods store. There will be awards given to the following age categories:

5K Run: 1st, 2nd and 3rd place awards to male and female in the following age categories:

14 and under	35-39
15-19	40-44
20-24	45-49
25-29	50-54
30-34	55-59
	60+

Raffle Prizes: We will draw raffle prizes randomly after the race so stick around!

T-SHIRT: Tee shirts are guaranteed to every runner and walker that has preregistered before August 30th. There will be a limited supply on race day.

To register, go to iplayoutside.com or runsignup.com

Name _____ Phone _____

Address _____ City _____ State _____

5K Run _____ 5KNonCompetitive Walk _____ Sex _____ Age on race day _____

Shirt Size S _____ M _____ L _____ XL _____ XXL _____

Being that I am physically fit and have trained for this race, I waive any and all rights and claims for damages I may have. I relieve sponsors, directors, and all peoples and groups associated with this race of any and all liabilities.

Signature: (parent of guardian if under 18) _____

Checks Payable to The Dominion Post

Runners, friends and families are encouraged to stick around after the event to join us for the Football Kickoff festivities!

- Football signings
- Food
- Meet and Greets with your favorite Mountaineers
- DJ
- Prizes
- Entertainment
- Music