

Independence Freedom Day 5K Official Registration Form

Location: Independence VA

Date: July 4th

Starting Times:

7:00-7:45 Race day registration (T-shirt not guaranteed)

7:45- Kids fun run(½ mile in parking lot)

8:00-5k

10:00- Parade

10:30ish- Awards at old courthouse mc stand (can pick up medals before the parade if results are available)

Entries:

\$15-If postmarked by June 22nd (T-shirt included)

\$20-July 4th (race day or after June 22nd) t-shirt not guaranteed

Free- Kids fun run

Race Course: The race will begin in the GCHS parking lot...take a right onto Main st.....left onto Grayson Ave....Right onto Powerhouse Rd.....Right onto Oakridge Rd....right onto Morton drive....right onto main st.....Left at red light (21).....left onto Library st.....Left through Funeral home parking lot....right onto main st....right into GCHS parking lot.

Age Divisions (male/female awards for 5k)

14 & under

15-19/20-24/25-29/30-34/35-39/

40-44/45-49/50-54/55-59/60-64

65-69/70 & over

Mail to:

Make Checks payable to Grayson County High School Athletics

Morton Realty

Att: Sheila Wright

324 East Main St./ PO Box 245

Questions or concerns contact Chad Wright @ 2767686132

Independence, VA 24348

Name_____ Age_____ Gender_____ Birthdate_____

Address_____ City_____ State_____ Shirt size: small med large xl

Waiver: I the undersigned, waive and release myself, my heirs, executors, and administrators, and assume the risk of physical injury or death from participating in said program, and waive all rights and claims for damages, demands and any other actions whatsoever, which I may have against Grayson county High School and all participating sponsors, supporters of those entities, successors and assigns arising out of my participation in this event. I certify that I am (or my child is) in proper physical condition to participate in this activity.

Signature_____ Date_____

(Parent of guardian of runner under 18)