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Miriam's Style Exchange



**5 Mile Run/3 Mile Walk/Youth Runs**

**When** – Saturday, April 30, 2011

**Where** – Historic Pocahontas, VA, Registration begins at 8 a.m. at the Town Offices

**Registration Fee** – Pre-Registration (Before 4-21-10) Run/Walk: \$10/ After April 21st through race day: Run/Walk \$12/ Brave/Papoose Runs \$5.

**Shirts** – Youth large, Medium, Large, XLarge, XXLarge

**Awards** – Trophies awarded to the overall male/female run/walk winners. Trophies will be given to the top three finishers in each run/walk category. The awards ceremony will be held following the “Youth Runs” at 10:45 a.m. in the Laurel Meadows Park behind the “red caboose”

**Age Divisions** – Men/Women: Age Groups (Top Three) Under 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.

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To request a race form, assist with sponsorship, or for more information call 276-945-9522 or e-mail pocahontasva@comcast.net.

**Mail entry form and check payable to:**

**Pocahontas Indian Run**  
C/O Town of Pocahontas  
PO Box 128  
Pocahontas, VA 24635  
PocahontasVa.org

**Circle One**

5M Run                      Brave Run (Ages 8 – 11)  
3M Walk                     Papoose Run (Ages 4 – 7)

Age as of April 30, 2011: \_\_\_\_\_ T-Shirt Size (See Above): \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please read and sign this statement to participate:**

I hereby release and waive the right to hold the Town of Pocahontas, the Indian Run committee and/or volunteers, sponsors, and all other surrounding agencies and individuals of this run or walk from any claim of injury or damages that may occur. I certify to the above named sponsors and individuals that I (or my child) am in proper condition to run or walk this race.

\_\_\_\_\_  
Participants Signature                      Date

\_\_\_\_\_  
Parent or Guardian Signature (If participant is under 18 years old)