

Sponsored By:

Dr. Sheila Brooks



5 Mile Run/3 Mile Walk/Youth Runs

When – Saturday, April 24, 2010

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, XXXLarge

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.

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 24, 2010: _____ 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)