



CHIPPOKES PLANTATION 5K RUN

24 SEPTEMBER 2016, 9:00 AM

Proceeds and donations benefit the Friends of Chippokes (FOC) Plantation State Park, a 501(c)3 organization chartered to promote and support the historic, natural, and recreational resources of Chippokes Plantation State Park.



CHIPPOKES PLANTATION STATE PARK

695 Chippokes Park Road

Surry, VA 23883

757-295-3428

www.chippokes.com

WHEN: 24 September 2016. Late registration and packet pickup begins at 7:30 AM near the Jones-Stewart Mansion parking lot. Race starts promptly at 9:00 AM.

WHERE: The scenic course starts from the field next to the Jones-Stewart Mansion on the historic grounds. It turns right onto Plantation Road then left onto Chippokes Park Road. At a turnaround just past the entrance to the campground, it loops back east. The course continues straight on Plantation Road, entering College Run Trail at the Visitor Center and follows College Run Trail along the James River into the historic area of the park to the finish line in front of the Jones-Stewart Mansion. A water station will be located at the half-way point near the Visitor Center.

REGISTRATION: \$15.00 registration fee **BEFORE** 19 September; \$20.00 registration fee thereafter and on Race Day. Register online at the Tri-Cities Roadrunner website at <http://www.tricitiesroadrunners.org/events/chippokes-plantation-5k-run>. For mail-in, send completed registration form and check payable to the FOC to: Friends of Chippokes, ATTN: Pat Pauley, 695 Chippokes Park Road, Surry, VA 23883.

AGE GROUPS: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

AWARDS: Awards given to the top three male and female overall finishers, first place male and female Masters, and the top three male/female finishers in each age group.

CONTACT: Patricia Pauley, 757-615-2518, or via email at blessedabov@aol.com.

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Cities Road Runners Club, the Commonwealth of Virginia, the Virginia Department of Conservation and Recreation, Chippokes Plantation State Park, the County of Surry, and all their employees, officers, sponsors, volunteers, or agents from all claims or liabilities of any kind arising out of my participation in this event. I accept full responsibility for all of my activities, including travelling to, participating in, and returning home from Chippokes' 5K Run, and I understand this waiver is in effect forever. This is a road race conducted under the rules of USATF. In consideration of the safety of all participants, NO baby joggers, baby strollers, headphones, animals on leash, skateboards and skates. (Race Date 9/24/16). **Must be signed by an adult for any participant under 18 years of age.**

Last Name: _____ **First Name:** _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____ **Telephone:** _____

eMail Address: _____

GENDER: _____ **AGE:** _____

Emergency Contact and Phone: _____

Signature: _____ **Date:** _____