

Red Eft 5.5 Miler

Saturday, July 24, 2027

9 a.m.

Norton, Va.

What goes up must come down. The second annual road race starts at the High Knob Destination Center in Norton and climbs more than 1,000 feet to Flag Rock Overlook where runners then turn around and retrace their steps to the finish line at the Destination Center.

Race begins at 9 a.m. Race proceeds benefit the development of educational programming at the Destination Center. Runners that register by July 12, 2027 are guaranteed a race shirt.

Registration fees are as follows: Oct. 10-Feb. 28: \$30; March 1-March 24: \$35; March 25-July 22: \$40. Race day registration is \$45 and begins at 7:30 a.m. **Make checks payable to:** The City of Norton.

Mail this form to: Katie Dunn, High Knob Destination Center, P.O. Box 618, Norton VA 24273. Headphones are not permitted on the course. Strollers are not permitted on the course.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact Katie Dunn at katied@nortonva.org	Male and Female: Top Three Overall. Male/Female Masters Finisher Pins

LAST NAME _____ FIRST NAME _____ M.I. ____ SEX ____

DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____ EMAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

*** **CIRCLE SHIRT SIZE:** SM, MD, LG, XL, XXL

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE _____ DATE ____/____/____ (Parent signature if under the age of 18)