



April 1st, 2017

Dam Visitor Center
2072 Ford Rd.

Sandy Level, VA 24121

Join us after the run for some fun!!
Live music, kids zone, food, & spirits!

Registration Form

Name: _____ Sex: _____ Birth date: _____ Age: _____

Address: _____ City: _____ State/ZIP: _____

Phone: _____ E-mail address: _____

Shirt (circle one): S M L XL

Entry fees:

- 50k \$87.50 before March 1, \$97.50 after February 29th
- 50k college discount \$60—college attending _____
- Camping Friday March 30th \$10.00
- Southwest Virginia Triple Crown \$20
- 5k \$25 before March 1, \$30 after February 29th

Amount Enclosed: _____

Online Registration at ultrasignup.com - - Make Checks payable to SML YMCA.

Application Must Be Signed: I know that running a trail race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the race. The Dam Visitor Center or Franklin County YMCA is in no way a responsible party or liable. I do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the sponsors and all those involved and manning this event, from all claims of any kind arising as a result of my participation in this race.

Signature: _____ Date: _____

Parent/legal guardian signature (if registrant is under 18): _____ Date: _____