

## ***The Third Annual BRI Rockin' 5k and Fun Run***

**Wednesday, July 27, 2016 • 8:00 a.m.–10:00 a.m.**

Come enjoy one of our favorite BRI traditions! Walk, run, rock, or cheer on your friends and family!

### **5k:**

- The course route will be approximately 5k (3.1 miles), out-and-back along the beautiful flat path by the lake.
- There will not be timing chips, but we'll keep track of finishing times and place.
- Racers, runners, walkers and leashed dogs are welcome. No strollers, please.
- Water and sports drink will be available at the halfway point, and refreshments will be available after the race.
- \$20 entry fee

### **Fun Run:**

- Free!
- Children of all ages (and especially those 12 and under) are welcome to join in the Fun Run.
- The course will be one-and-a-half trips around the Fall Creek Falls parking lot, less than 1/4 mile

All 5k finishers and children in the Fun Run will receive a medal. Awards will be distributed to the 5k top finishers overall and 5k top finishers in each division ... plus in true Blue Ridge fashion there will be a few other special awards.

### **Tentative Schedule**

|           |   |           |                 |
|-----------|---|-----------|-----------------|
| 8:00 a.m. | Line-up for Fun Run Start                 | 8:40 a.m. | 5k Start        |
| 8:15 a.m. | Fun Run Start                             | 9:30 a.m. | Awards Ceremony |
| 8:30 a.m. | Line-up for 5k Start and Opening Ceremony |           |                 |

### **Get off your rocker and run!**

(Contact Heather Adams at (336) 552-5977 or [heatheradelleadams@gmail.com](mailto:heatheradelleadams@gmail.com) with questions.)

### **Entry Form and Waiver**

To register, complete this form, sign waiver and pay (available online with your BRI registration).

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

Age on 7/27/16: \_\_\_\_\_

Circle gender: Female    Male

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

### **Waiver:**

I know that running is a potentially hazardous activity. I have read the race information and am familiar with the course. I will 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 event. I assume all risks associated with running or walking in this event including but not limited to: falls, contact with other participants, effects of weather, traffic and road conditions. All such risks are known and appreciated by me. In the event that the race must be cancelled due to weather, I agree that my entry fee will not be refunded. 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 Blue Ridge Institute for Southern Community Service Executives, the Blue Ridge Development Fund, Inc., Fall Creek Falls State Park, the race directors, race volunteers, race beneficiaries and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Signature (parent or guardian if under 18)

\_\_\_\_\_  
Date

**BIB #**