

Appalachian Power Festival Run



May 25, 2019 - 8AM

APPALACHIAN POWER

Festival Run

Event

5K & 10K Road Race
Saturday, May 25, 2019
Simultaneous start for 5k & 10K
Disposable chips will be used!

Registration

\$25 (Till 11:59PM of May 13)
\$30 (May 14th—May 23rd)
\$35 (Packet Pick Up & Race Day)

Register online or download your
entry form at:

www.CommonwealthGames.org

(Mail-in entries add an additional \$5)

Make Checks Payable to:
Virginia Amateur Sports (VAS)
711-C 5th Street NE
Roanoke, VA 24016

Packet Pick-Up

Packets may be picked up at Fleet
Feet Sports Roanoke— 4347 Franklin
Road Roanoke, VA 24018 on Friday,
May 24 from 3pm - 7 pm or on race
day from 6:30 am to 7:30 am—
location TBA

Time & Results

Results will be posted on :

www.MountainJunkies.net
www.CommonwealthGames.org

Appalachian Power Employee
Discount—use code **APC019**
when registering Online!

www.CommonwealthGames.org



Appalachian Power Run 5K & 10K - Mail-In Form

May 25, 2019 - 8AM



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Mail this form with check to:
Virginia Amateur Sports (VAS)
711-C 5th Street NE
Roanoke, VA 24016

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

Email: _____

Race: (circle one) 5K 10K

Gender: Male Female

Birthdate: _____

Age on May 25, 2019: _____

T-shirt Size: Youth S Youth M Adult S Adult M Adult L Adult XL

T-shirts are guaranteed if registered by May 5, 2019

\$25 (Must be postmarked by May 13th)

\$30 (Postmarked May 14th—May 23rd)

\$35 (Packet Pick Up & Race Day)

Emergency Contact Name:

Emergency Contact Phone Number:

Waiver: In consideration of being permitted to participate in the Appalachian Festival Run for myself, my heirs, executors, administrators and assignees, I do hereby release and forever discharge Roanoke Festival in the Park, Virginia Amateur Sports, Appalachian Power, Mountain Junkies, City of Roanoke and their respective officers, employees, agents, subsidiaries and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising out of my participation in the race on May 25, 2019. There will be no refunds.

Signature (If runner is under 18, parent or guardian must also sign):

Signature (Parent or guardian, if applicable)

