



An Apple A Day Keeps Hunger Away

Cross Country 5k and 2k Kids Run
Benefitting Society of St. Andrew

Date:

November 14, 2015

Location:

Woodbine Farm Market,
5199 John Marshall Hwy
Strasburg, VA

5k Start: 9:00 AM

2k Start: 9:45 AM

More Info:

<http://woodbinefarmmarket.com/racedetails1.html>

Course: Runners will race on gravel and well mowed grass paths through the orchards behind Woodbine Farm Market.

5k course map: <https://www.strava.com/routes/3083264>

Kids 2k course map: <https://www.strava.com/routes/3084503>

Online Registration available at
<https://runsignup.com/Race/VA/Strasburg/AnAppleADayKeepsHungerAwayTheValleys5KXCChallenge>

Entry Fee: 5k – \$20 preregistered, \$25 race day,
Kids 2k – \$10 preregistered, \$15 race day
\$2 Discount to SVR members.

Race Day Registration and Packet Pickup from 7:45 to 8:45 AM

Awards to male and female top three overall and top two age group finishers
Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Kids 2k Age Groups: 6-7, 8-9, 10-11, 12-14

Prohibited items include headsets, bicycles, skateboard
s, roller skates, inline skates, animals, and strollers

Questions? Contact – Candace DeLong at delongcandace@gmail.com
or Greta Liskey at brumback@vt.edu



Name: _____ **Sex:** M/F **Birthday:** _____
Address: _____ **SVR Member:** Yes No
City: _____ **State:** _____ **Zip:** _____ **Race** (Circle one): 5k 2k kids run
Email: _____ **T-Shirt Size** (Circle one): **Youth** S M L **Adult** S M L XL

Waiver: In consideration of accepting this entry, I do hereby release An Apple A Day Keeps Hunger Away, Candace DeLong, Greta Liskey, the sponsors of this race, Woodbine Farm Market and SVR, jointly and separately, from any and all liability for illness, injury, and damages I may suffer as a result of my participation in this event. I certify I am medically and physically healthy enough to participate in this event. I allow the sponsors to use my name in the publicity and promotion of this event. I understand that headsets, bicycles, skateboards, roller skates, inline skates, and animals, are strictly prohibited.

Signature (Parent's signature if under 18): _____ Date: _____

Make checks payable to: VSHS – Young Grower Alliance
Mail to: 107 N. Kent St. Winchester, VA 22601