



# FCN 5 K Run/Walk for Health



Saturday Oct. 6th 2018

9:00 AM Massanutten Military Academy

Sponsored by the Shenandoah Valley Runners and Shenandoah County Health Ministries

ALL PROCEEDS FROM THE RACE WILL BE USED TO FUND  
THE SALARY OF THE FAITH COMMUNITY NURSE

**Course:** The 5K race follows the Regulus course in Woodstock starting and ending at MMA. The course is not difficult, but is somewhat rolling. **Due to insurance concerns, please no dogs, baby strollers, and headphones.**

**Awards:** The 5K awards will be given to the top three men and women overall, to the top male and female master runners (40 & over), and the top three male and female runners in the following age groups: 12 and under, 13-29, 30-39, 40-49, 50-59, 60 and over.

**Entry Fees:** 5K entry fees are \$23 for members of Shenandoah Valley Runners and \$25 for non-members. All runners who register by Sept 24th will receive a race shirt. Please make check payable to Shenandoah County Health Ministries Coalition or SCHMC.

**More Information:** If you have any questions, contact race director Pr. Mary Louise Brown, [mldbrown@centurylink.net](mailto:mldbrown@centurylink.net)

**Direction from the north:** Take I-81 south to exit 283 (Woodstock). Turn left at end of the exit ramp. Continue straight for less than one mile, until you come to Rt. 11, turn left on Rt 11 for approximately 1 mile MMA will be on your left.

**Direction from the South:** Take I-81 north to exit 283 (Woodstock). Turn right at the end of the exit ramp. Follow direction above.

Name \_\_\_\_\_ Age (on 9/6/18) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt Size= ( ) Sm. ( ) Med. ( ) L. ( ) XL.

**Waver:** In consideration of you accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any of the following: Town of Woodstock, The County of Shenandoah, the Shenandoah Valley Runners, Shenandoah County Health Ministries, and all the additional contributors, race crew, sponsors, and assigns for any injuries offered by me in the scheduled Oct. 6th, 2018 event. I attest and verify that I am physically fit, and have effectively trained to complete this race.

<b>Registration FEE</b>
_____ SVR Member (\$23)
_____ Non-member (\$25)
Make check payable to: <b>SCHMC</b> or Shenandoah County Health Ministries Coalition
Address: <b>P.O. Box 255</b> <b>Woodstock, VA 22664</b>

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian's signature if under 18)

