

# Woodstock 5 Miler



Saturday, June 11<sup>th</sup>, 2022

5 Mile Run – 8:00 AM

Shenandoah County Government Building - Woodstock, VA

Sponsored by the **Shenandoah Valley Runners**

ALL PROCEEDS FROM THE RACE WILL BE USED TO BENEFIT RESPONSE  
INC. OF SHENANDOAH COUNTY

**Course** The 5 mile race follows an out and back course between the bends of the Shenandoah River. The course is not difficult, but is somewhat rolling. **Due to insurance concerns**, please, no dogs, baby strollers, and/or headphones.

**Awards** 5 miler awards will be given to the top three men and women overall, to the top male and female masters runners (40 & over), and to the top three male and female runners in the following age groups: 18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over.

**Entry Fees** 5 mile entry fees are \$19.00 for members of the Shenandoah Valley Runners and \$20.00 for non-members if you pre-register by May 28<sup>th</sup>. **All runners who register by May 28<sup>th</sup> will receive a race shirt.** From May 29<sup>th</sup> until the day of the race the fee is also \$19.00 for members and \$20.00 for non-members, but no t-shirts will be available. Please make checks payable to “Woodstock 5-Miler” and send checks with completed entry forms to Woodstock 5-Miler, c/o Larry Bullock, 208 Robins Way, Woodstock, VA 22664.

**More Information** If you have any questions, contact race director Larry Bullock at (540) 335-2265 or [lbullock77@hotmail.com](mailto:lbullock77@hotmail.com).

**Location** The race will start on Kingree Street, next to the Shenandoah County Office Building.

**Directions from the north:** Take I-81 south to exit 283 (Woodstock). Turn left at end of exit ramp. Continue straight for less than one mile, until come to Rt. 11. Turn left on Rt. 11 North. After fourth traffic light, continue ¼ mile then turn right on Mill Rd. Make immediate left into parking lot.

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

Name \_\_\_\_\_ Age(on 6/11/22) \_\_\_\_\_ Sex \_\_\_\_\_

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

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

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

T-Shirt Size = ( ) Small ( ) Medium ( ) Large ( ) X-Large Check if Walker \_\_\_\_\_

Pre-Registration Fee  
\_\_\_\_ SVR Member (\$19)  
\_\_\_\_ non-member (\$20)  
Make checks payable to  
“Woodstock 5-Miler”

Mail to: Woodstock 5-Miler  
c/o Larry Bullock  
208 Robins Way  
Woodstock VA 22664

**Waiver** In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: Larry Bullock, The Town of Woodstock, The County of Shenandoah, the Shenandoah Valley Runners, and all additional contributors, race crew, sponsors, and assigns for any injuries suffered by me in the scheduled June 11<sup>th</sup>, 2022 event. I attest and verify that I am physically fit, and have effectively trained to complete this race.

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