

Front Royal Kiwanis 5k

May 13, 2023
9am



Front Royal, VA

Where & When

The 5k run starts at 9:00 am at the *Warren County Health & Human Services Complex (500 West 15th Street, Front Royal, Virginia.)* Race day registration and check-in begins at 8:00 am in the parking lot of the Health and Human Services Complex.

Course

A measured 5k (3.1 mile) route on paved roads through the northwestern part of Front Royal and the grounds of Randolph-Macon Academy. Mile 1 is downhill or flat; mile 2 is mostly uphill; and the final 1.1 miles are rolling.

Awards

For the top three men & women overall and the top three in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over.

T-shirts available for \$14 and need to be pre-ordered by April 28

For more information

Contact Terry Leckie terryleckie82@gmail.com or (540) 660-2378 or Bill Powers at (540)671-6006

To register online go to:
runsignup.com/Race/VA/FrontRoyal/FrontRoyalKiwanisSK

Entry Fees

\$15 (without t-shirt) if postmarked by April 28th. \$20 on race day. \$29 with t-shirt (preordered April 28th). \$1.00 discount for SVR. Make checks payable to "Front Royal Kiwanis Club" and mail with entry to Terry Leckie 700 Green St Winchester VA 22601

Sponsored by
Shenandoah Valley Runners



Proceeds benefit
Warren County Special Olympics



Special Olympics Virginia

Front Royal Kiwanis 5k Entry Form

Mail entry form and check to: Front Royal Kiwanis Sk, c/o Terry Leckie 700 Green St Winchester, VA 22601

Name: _____ Age on 5/13: _____ Gender: _____

Address: _____ Date of Birth: ____ / ____ / ____

City: _____ State: _____ Zip: _____

Phone: (____) _____ - _____ E-mail: _____

Add \$14 for T-Shirt (optional) S M L XL SVR Member? Yes No

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 or its successors and/or assigns, as their interests may appear: the Front Royal Kiwanis Club, the Warren County Parks & Recreation Department, Randolph-Macon Academy, the Town of Front Royal, the County of Warren, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled May 13, 2023 event. I attest and verify that I am physically fit and have effectively trained to complete this race and have completed this entry form honestly. **THIS IS A FUNDRAISER.**

Signature: _____ Date: _____

(parent or guardian's signature is under 18)