



NOVEMBER 5, 2011

Race Information

- 9:00 a.m. 5K start time
- \$17.00 pre-registration fee (postmark entries by October 31)
- \$20.00 on race day from 7:30 – 8:45 a.m.
- Early pick-up Friday, November 4 from 6-8 p.m. at RunAbout Sports
- 8 a.m. Fun Mile Start
- \$10.00 registration for fun mile at any time
- 5K and 1 mile runners will all get a T-shirt
- Both races start and finish at the Weight Club at the Corporate Research Center

E-mail questions to:

kelly@triadventure.com

Make checks payable to TriAdventure

Mail the form along with entry fee to:
 TriAdventure Race for the Kids
 East Coasters Bike Shop
 1201 North Main Street
 Blacksburg, VA 24060

The money raised from this event will go towards TriAdventure's Fitness in Action non-profit organization supporting local youth in health and fitness. Also, a portion of the funds will be given to the VT Triathlon team to send athletes to races/events. Come out and support the local triathlon community.

For more information, including course map, location, and directions, go to:

www.triadventure.com

Name: _____ Age as of 11/5/11: _____ Sex (circle) M F

Address: _____ E-mail: _____

Phone: _____ Race Choice 5K _____ Fun Mile _____ Shirt Size: S M L XL Child: S M L

Registering as a Team? Team Name: _____ Contact Person/Phone #: _____

I understand that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability to safely complete the run. I assume all risks associated with this event, including traffic concerns. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitle to act on my behalf, waive and release, TriAdventure Multisport Coaching and Fitness, VT Triathlon Team, the Town of Blacksburg, Virginia Tech, VT Rec Sports, RunAbout Sports, The Weight Club and other sponsors and their representatives and successors from all claims and liabilities of any kind arising out of my participating in this event, even though liability may arise out of negligence or carelessness on the part of the person named in the waiver.

Signature (Guardian if under 18): _____ Date: _____