



8th annual
**Front Royal
 KIWANIS 5K**



Saturday 17 May 2008 • 9:00 AM • Front Royal, VA

LOCATION: Warren County Middle School, at 500 West 15th Street in Front Royal, VA. The school is approximately 18 miles south of Winchester, 36 miles northwest of Warrenton, 41 miles south of Martinsburg, 47 miles southwest of Leesburg, and 73 miles west of Washington, DC. See below for driving directions!

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 one is downhill and flat; mile two is mostly uphill; and the final 1.1 miles are rolling.

AWARDS: For the top two men and women overall, the top Masters (40 & over) man and woman, 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.

ENTRY FEES: \$12.00 if postmarked by Wednesday May 14th, or \$15.00 on race day. \$1.00 discount for members of the Kiwanis and/or the Shenandoah Valley Runners. Race day registration begins at 8:00 AM.

DIRECTIONS: Take I-66 to Exit 6 (Routes 340/522) and head south towards Front Royal. In 1.9 miles, turn right at a stoplight onto West 14th Street. 0.3 miles later, turn right onto Massanutten Avenue and follow it to 15th Street, where you will see Warren County Middle School in front of you. Please park in the school lot.

CONTACT: Terry Leckie at (540) 635-1025 or tleckie@comcast.net. Mail entries and checks to Front Royal Kiwanis Club, 197 Foxfire Court, Front Royal, VA 22630-5628.

FRONT ROYAL KIWANIS 5K Entry Form

Name: _____ **Age on 5/17:** _____ **Sex:** _____

Address: _____ **Date of birth:** _____

City: _____ **State:** _____ **ZIP:** _____

Phone: _____ **E-mail:** _____

T-shirt size? small medium large extra-large **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 Town of Front Royal, the County of Warren, the Front Royal-Warren County Chamber of Commerce, Randolph-Macon Academy, Warren County Public Schools, the Shenandoah Valley Runners, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled May 17th, 2008 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 if under 18)