



CHINQUA-PENN
WALKING TRAIL



**3rd
Annual**

Run with the Cows



5K Fun Run/Walk

Part of the DRBA Race Series (visit www.danriver.org)

visit at Chinqua-Penn Walking Trail

3:00p.m., Sunday, September 25, 2016

Kids' Fun Run 2:00 p.m.



Pre-Registration: \$25

before 9/15/16 \$30 thereafter

Pre-registration ends 9/23/16

Includes event T-shirt, goodie bag and our Cowbell finisher's award!*

This is a certified and timed course.

**Must register by 9/15/16 to guarantee event T-shirt and Cowbell.*

Check in (and late registration) 1:30pm

5K Fun Run/Walk starts 3:00pm

1 Mile Kids' Fun Run starts 2:00pm

Kids Free with adult registration, \$10 without adult registration

Kids receive Cowbell award!

TEAM DISCOUNT! 10% off registration fee for groups of 10 or more



Location of trail: GPS (36.382734, -79.703128)

Just west of 2138 Wentworth St, Reidsville, NC

See maps and detailed directions at www.chinquapenntrail.org

ALL PROCEEDS BENEFIT TRAIL

Register by mail below, or click 5K registration link at www.chinquapenntrail.org to register online

Name: _____ **Phone:** _____

Full Address: _____

Date of Birth: _____ **Gender:** [] Male [] Female **Shirt Size:** (circle one) S M L XL XXL

Email: _____ **Amt enclosed:** \$ _____

Mail form and waiver with check to: FCPWT 230 Roberson Lane Reidsville, NC 27320

Waiver of Liability

I understand that it is important that I be in good physical condition when I engage in this activity, and I understand that it is my responsibility to maintain an activity level that is compatible with my physical condition and skill level. I hereby expressly assume the risk of any physical injury or other loss that I might sustain as the result of participating in this activity. I further understand that there may be a risk of injury traveling to and from the area where the activity will take place. I also expressly waive and covenant not to sue on any claim I might have against the Dan River Basin Association (DRBA), or any officer, board member, or employee of the Dan River Basin Association, or any volunteer, or the estate or representatives of such person(s) for any personal injury or loss I might sustain as the result of engaging in any activity relating to this program whether caused by negligence, breach of contract or otherwise. I understand that photographs may be taken during this event. I grant to DRBA, its representatives and employees the right to take photographs of me and any minors in my company in connection with this activity. I authorize DRBA, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that DRBA may use such photographs of me and any minors in my company, with or without my name, and for any lawful purpose the same in print and/or electronically. I agree that DRBA may use such photographs of me and any minors in my company, with or without my name, and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Signature of Runner: _____ **Date:** _____

Signature of Guardian: _____ **Date:** _____

(signature required for participants under 18 years of age)