

Clay L. Sellers



Clay L. Sellers Memorial 5K Run & Walk

Saturday, July 19, 2008 – 8:00 AM Start

Singers Glen Volunteer Fire Company

Hosted by **Singers Glen Volunteer Fire Company & Shenandoah Valley Track Club**

www.claysellers5k.org

www.ValleyTrack.org

Registration Information

Make Checks payable to:

Singers Glen Volunteer Fire Company

c/o Clay L. Sellers Memorial 5K

PO Box 373

Singers Glen, VA 22850

Runners & Walkers - \$20.00 (includes tee-shirt)

Runner

Walker

Course: Rolling country roads

Run Awards: male and female winners of each age group (1st & 2nd place) for the run: (Fire & Rescue Member, 13 & under, 14-19, 20-29, 30-39, 40-49, 50+)

No Walk Awards

Directions: From Harrisonburg, take 42 North to Green Hill Road (on the left). Follow Green Hill Road for 3.0 miles. Bear left at the intersection with Mt. Zion Road to continue on Green Hill Road. Green Hill Road will turn into Singers Glen Road at the intersection with Turleytown Road. Continue on Singers Glen Road through "downtown" Singers Glen. The fire station and Singers Glen Community Center will be on your left.

Contact: Rich Rouzzi (540) 833-4415 or email ValleySting@aol.com

Registration Form

Name Sex Male Female Age

Address City State Zip

Phone Email Shirt size (circle) **S M L XL XXL**

Release Form: PLEASE READ BEFORE SIGNING! IT MUST BE SIGNED BY PARTICIPANT (if 18 or older) OR PARENT OR GUARDIAN

I know that participating in a track meet or road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by meet/race rules and any decision of a meet or race official relative to my ability to safely compete an event. I assume all risks associated with my participation in a track meet or road race including, but not limited to, falls, contact with other participants, conditions of the track facility or road. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shenandoah Valley Track Club & Singers Glen Volunteer Fire Company, their officers, and successors from all claims of liabilities of any kind arising out of my participation in a Shenandoah Valley Track Club or Singers Glen Volunteer Fire Company meet, fun run, or road race.

Signature _____ Date _____

Signature of parent or guardian if participant is under age 18 _____

The proceeds from this event will work toward our goal of endowing the Clay L. Sellers Scholarship fund, which is administered by the Rockingham Educational Foundation, Inc. We welcome donations to help reach this very important goal. If you, your company, or organization would like to make a donation to become a sponsor, please indicate the amount below. All donations \$100 and over will have their name placed on the T-Shirt for this year's run. (must be received by July 1 in order to make it on the shirt)

Donation Amount _____ Name as it should appear on T-Shirt _____
