

**OSPREY 10K RUN/5K RUN-WALK**

**9 AM, Oct.10, 2020**

**Fee: $30 before 9/15, $35 after 9/15\* and on Race Day**

**Cash & Check only on Race day**

**Fee includes: entrance to the State Park, chip timing, t-shirt\*, and medals for category winners**

\***Race Shirts not guaranteed for registrations received after 9/25**

Awards for male & female age group runners

Packet pick-up, Saturday, Oct 10 (Race Day): 7 – 8:30 AM at Smith Mountain Lake State Park

 Name Sex M or F, Age DOB

 Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_

 Phone Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Emergency contact name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_& phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Indicate shirt size: small\_\_\_\_\_\_\_\_ medium, \_\_\_\_\_\_\_\_\_ large, \_\_\_\_\_\_\_\_\_\_ extra-large \_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Circle Event: 10K Run or 5K Run/walk

**Make Check Payable to: Friends of SML State Park, Inc.**

Mail to: Friends of Smith Mountain Lake State Park

 1235 State Park Road

 Huddleston, VA 24104

 ATTN: JANIS ERICKSON

**Read and Sign:**

I know running a race is a potentially hazardous activity and requires proper training. I should not run unless I am medically able to safely complete the race. I agree to abide by race directions. I do hereby for myself, my heirs, my executors, administrators and assignees, release and forever discharge the Friends of Smith Mountain Lake State Park Inc., its sponsors and all others staffing this event from all claims of any kind or nature as a result of my participation in this event.

 SIGN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_