

Course Description:

The 5K Run/Walk

The 5K Race will start and finish at Rockfish River Elementary School, with ample parking and bathrooms available. This scenic out and back course begins at the school, heads down the drive, and turns right up Chapel Hollow Road. The course slopes gradually up towards the Blue Ridge for the first 1.25 miles, and then back down from there until the final push back up the school drive! This course can be described as moderate.

The 1 Mile Fun Run

The fun run will take place on the 47 acres of Elementary School Campus entirely off-road to ensure safety for the youngest children to participate. This will be a cross country run on uneven ground so runners should wear appropriate shoes and be aware of the uneven surface.

Prizes:

- Top 3 Male runners overall
- Top 3 Female runners overall
- Top runner in each age category
- Fastest Nelson County student in each grade
- Top 3 Fundraisers

Nelson County Cup:

This will be an annual challenge between the four schools of Nelson County to get the **most participants** running in any category of the race. The winner will have the honor of displaying the Cup until the next year's race!

T-Shirts:

All pre-paid registrants will receive a race day T-Shirt. Day-of registrants will receive T-shirts as available.

Directions to Start/Finish at Rockfish River Elementary School

200 Chapel Hollow Road, Afton, VA 22920

From Lynchburg:

- Take US-29 N for 25 miles
- Left at State Route 6 for 5.8 miles
- Right at VA-151N for 1.7 miles
- Left onto Chapel Hollow Road

From Charlottesville:

- I-64W
- Take Exit 107 for US-250 toward Crozet
- Left onto US-250 W for 4.8 miles
- Take Left onto VA-151S for 7 miles
- Take Right onto Chapel Hollow Road

Nelson County Earth Day 5K & 1 mile Fun Run!



To benefit Nelson's own
Rockfish River Elementary

Saturday April 24, 2010

5K race at 8:30am
1 mile Fun Run at 9:30am

Start/Finish at
Rockfish River Elementary

About the Event:

What better way to celebrate Earth Day than by spending time outside enjoying nature and helping to raise money for a great cause?

The Rockfish River PTA will host this exciting new annual event to celebrate the beauty of Nelson County and to raise money to build a playground!



Why this Race Matters?

Nelson County kids and families need a safe, fun public playground! This race will raise money to support the multi-year plan to build and maintain a fantastic public playground on the elementary school campus. Please give generously to support our efforts and help make this the best community event of the spring!

Nelson County Earth Day 5K and 1 Mile Fun Run

Saturday April 24, 2010 - Rockfish River Elementary School

200 Chapel Hollow Road, Afton, VA 22920

8:30 am 5K Race Start

9:30 am 1 Mile Fun Run

Pre-registration entry form must be postmarked by Saturday, April 10th. Race day registration is from 6:45 am to 8 am.

5K Run/Walk (8 years and up)

Pre-registered \$15

Race Day \$20

Kids 1 mile Fun Run/Walk (Open to all ages)

Pre-registered \$10

Race Day \$15

Family Discount Rate:

- 5K - \$40 for a family of 3; \$10 each additional member
- 1 Mile - \$25 for a family of 3; \$8 each additional member

Mail Forms to:

RRES PTA

200 Chapel Hollow Rd.

Afton, VA 22920

Tip:

Registration fee covers race entry.

Recruit additional sponsors to support the

playground, earn prizes, and compete for the

top fundraiser prize!!

The RRES PTA is a 501 c3 not for profit organization and all donations to this cause are tax deductible!

Questions or to Volunteer:

Contact us at RRESPTA@gmail.com or 434-361-1791.

ENTRY FORM (one per person)

Name: _____

Address: _____

Phone: _____

Gender: M____F____ T-Shirt Size: _____

Age on April 24, 2010: _____

Email: _____

School/Grade: _____

\$15 -- 5K Pre-Registration _____

\$10 -- 1 Mile Pre-Registration _____

Family Registration total: _____

Additional Playground Donation _____

Waiver: Nelson County Earth Day 5K & 1 Mile Fun Run:

I agree that if I participate in this physical activity, program and/or related event, I do so at my own risk. I agree that I am voluntarily participating in the event and using event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result from entering this event. I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the **Nelson County Earth Day 5K & 1 Mile Fun Run**. I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release all event sponsors, charities, volunteers, race officials and the Rockfish River Elementary School and PTA. The signing of this release and waiver extends to all claims seen and unforeseen against any party associated with this event.

Signature _____

Date _____