



# The 3<sup>rd</sup> Annual 5K Trail Walk/Run

## Run to Be Their Rock

60% of the proceeds go to support Brenner Children's Hospital Family Centered Care

### Time and Place:

**Saturday, November 22, 2014 at 10:00 A.M.**  
**Place: Rockingham County High School**  
**180 High School Road**  
**Reidsville NC, 27320**

**\*\*Meeting in the RCHS Parking Lot\*\***

**Pre-registration (\$25)**

**Youth (7-20)**

**Adult (21-40)**

**Adults (41+)**

**\*Deadline: November 7, 2014**

**\*May register up to the day of the race but no shirt is guaranteed.**

**Rain Date: Sunday, November 23rd**

**Registration 1:30- with the race beginning at 3**

**\*Refer to RCHS Homepage for race up-dates and download registration\***



Your gift to the Family Centered Care Fund will help families in need cover the cost of meals, parking, medications and other services, so that they have more time and energy to be a source of strength for their child. In times of unimaginable concerns, having these everyday things taken care of helps to lighten the burden.

<http://vimeo.com/6566390>

# Run to be Their Rock Entry Form

## Mail entry form and make checks payable to:

Rockingham County High School  
Attn: Cross Country 5k Trail Run/Walk  
P.O. Box 98  
Wentworth, NC 27375



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Check one: RUN \_\_\_\_\_ WALK \_\_\_\_\_

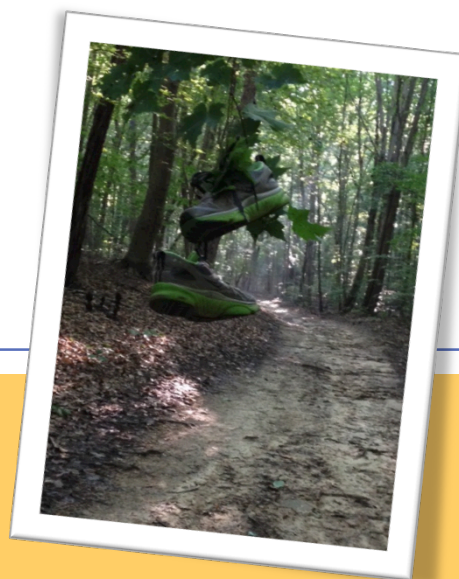
Email Address: \_\_\_\_\_

Adult Shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

**WAIVER:** I know that running a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Rockingham County Schools, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature if under 18)

Date



## RCHS Trail Description

Our 5K course at RCHS is a fun yet challenging one. The course terrain includes gravel, pavement, and grass, and it even includes a wooded trail portion. Throughout the wooded trail, there are obstacles such as roots, rocks, mud and often puddles, and some pretty difficult hills. We fondly refer to one of the hills in the woods as "The Wall" as it is quite steep. Please be mindful of the dangers of running on such a trail and be aware that, unfortunately, this is not a course that is stroller friendly. We hope you enjoy the challenge that the ROCK 5K course provides.